

# Asian Dub Foundation, Rise To The Challenge

Rise to the challenge

Time is a ticking, so you'd better start linking

Energies surging, vision is blurring

Maybe you're feeling you're not up to scratch

Maybe you're feeling that now you've met your match

You find it hard to know where to begin

When discontent is spreading its wings

Stand by your belief and have faith in this sound

You know that you can always turn it around

Feel the rhythm and its healing remedy

Listen to the sweet melody

Feel the rhythm and its healing remedy

Rise to the challenge

Keep risin', you know we rinse on

Turn negative to positive with a natural vibe

Believe in yourself and rinse out the mind

The tongue and the hand moving different directions

Turn this disconnection into interconnection

Feel the rhythm and its healing remedy

Listen to the sweet melody

Feel the rhythm and its healing remedy

Rise to the challenge

How can you live your life with no enthusiasm

Or else you fall so deep

Rearrange all the thoughts you like to hold back

Jump across the track

'Cause we on the attack