

# Karen Clark Sheard, Praise Up

[Verse 1:]

Take a look in the mirror and evaluate yourself,  
think about where you've been, are,  
your life, strength, and health.

(Hello), did you hear me,  
you need to get up out of that seat,  
(as we celebrate His name in praise) Jesus,  
(think about the ways he's made)

[Bridge:]

Through danger seen and unseen,  
You've kept me from some harmful things,  
ooh (and to show my gratitude to You)  
(I'm a get my dance, dance, dance on).

[Chorus:]

Jump if you feel you need to.  
Dance, take advantage of this chance.  
Stomp ya feet and throw your hands way up.

Shout, let everything that has breath,  
take your time and express yourself.  
Be not dismayed, it's time to get some praise up.

[Verse 2:]

Take a look at your temple,  
is it sanctified inside?  
Has your heart had a cleaning real good,  
has your soul been revived?

(Hello) are you listening,  
you need to move out of that row,  
(as we worship Him in spirit and truth), hallelujah,  
(thank Him for what He's done for you).

[Bridge]

[Chorus]

[Bridge]

[Vamp 1:]

Jump, move somethin',  
move somethin',  
move somethin',  
move.

Jump, move somethin',  
move somethin',  
move somethin',  
move.

[Vamp 2:]

[Altos:]

Oh, oh, oh, oh.

Sopranos:

Oh, oh.

Oh, oh.

Oh, oh.

Oh, oh.

[Tenors:]  
Hey oh.  
Hey oh.  
Hey oh.  
Hey oh.

[Chorus]