

# The Tubes, Stand Up And Shout

Trainer/Condello

If there's any doubt in your mind, don't waste your time

'cause when you find what it's all about

When you're feeling locked up inside yourself

and you're trying to find the key to let yourself out

If you get to feeling like you've never felt before

Then you know, without a doubt

If you wonder why your frown sits along on the ground

Just look around at what you've been without

And just because I wear it long it started being wrong

And it's been too long since you opened your mouth

Then you get to wondering why it took so long to find

There's just one thing you can't do without

You better stand up and shout

If you're feeling satisfied don't make it stay inside

It's time you tried to let it all out

Stand up and shout

When your head is feeling light and everything is right

And you don't know what the fight is all about

Stand up and shout

When you get to thinking things you never thought before

Then you'll know, without a doubt

Come on and stand up and shout

Well all right

Stand up and shout