

# Rise Up

Music & words:  
Karine Polwart

I walked on the shore (I walked on the shore)  
You swam in the sea (You swam in the sea)  
I sang to the shells and the rocks and sand  
You sang with me (You sang with me)

You bathed in the sun (You bathed in the sun)  
I lay in it too (I lay in it too)  
You sang to the birds and the boats and tide  
I sang with you (I sang with you)

**Rise up, and go easy  
Rise up, and go easy  
Rise up, and go easy  
in this world**

I slept in the wood (I slept in the wood)  
Right under a tree (Right under a tree)  
I sang to the oak and the beech and pine  
You sang with me (You sang with me)

You gave me a rose (You gave me a rose)  
All covered in dew (All covered in dew)  
You sang to the ivy, the moss and fern  
I sang with you (I sang with you)



**Rise up, and go easy  
Rise up, and go easy  
Rise up, and go easy  
in this world**

oway-oway-oway-o  
oway-oway-oway-o  
oway-oway-oway-o  
oway

oway-oway-oway-o  
oway-oway-oway-o  
oway-oway-oway-o  
oway

**Rise up, and go easy  
Rise up, and go easy  
Rise up, and go easy  
in this world**

**Rise up, and go easy  
Rise up, and go easy  
Rise up, and go easy  
in this world  
in this world**

Words and music by Karine Polwart  
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