

**Break the Chain** - Lyrics by Tena Clark; Music by Tena Clark/Tim Heintz

*Intro-*

I raise my arms to the sky  
On my knees I pray  
I'm not afraid anymore  
I will walk through that door  
Walk, dance, rise  
Walk, dance, rise

I can see a world where we all live  
Safe and free from all oppression  
No more rape or incest, or abuse  
Women are not a possession

You've never owned me, don't even know me I'm not invisible, I'm simply wonderful  
I feel my heart for the first time racing I feel alive, I feel so amazing

I dance cause I love  
Dance cause I dream  
Dance cause I've had enough  
Dance to stop the screams  
Dance to break the rules  
Dance to stop the pain  
Dance to turn it upside down  
Its time to break the chain, oh yeah  
Break the Chain  
Dance, rise  
Dance, rise

In the middle of this madness, we will stand I know there is a better world  
Take your sisters & your brothers by the hand Reach out to every woman & girl

This is my body, my body's holy  
No more excuses, no more abuses  
We are mothers, we are teachers,  
We are beautiful, beautiful creatures

I dance cause I love  
Dance cause I dream  
Dance cause I've had enough  
Dance to stop the screams  
Dance to break the rules  
Dance to stop the pain  
Dance to turn it upside down  
It's time to break the chain, oh yeah  
Break the Chain, oh yeah  
Break the Chain

Dance Break Inst.

Dance, rise  
Dance, rise

Sister won't you help me, sister won't you rise x4

Dance, rise  
Dance, rise

Sister won't you help me, sister won't you rise x4

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*(Repeat chorus)*