

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)