

“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

Chorus

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
and your brothers by the hand Reach out to every woman and girl

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

Chorus

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

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

Chorus