

Caroline's Tips: Released by girl group, Wilson Phillips, in 1990, this song has received various award nominations. It has become a nostalgic song for many growing up in that era and has featured in movies and TV series ever since. The lyrics will be appropriate for some Rockies but generally they are ones of encouragement, staying positive and taking personal-ownership. Cx



"Hold On" Words and Music by Glen Ballard, Chynna Phillips, Carnie Wilson © 1990, Reproduced by permission of EMI Music Publishing, London W1T 3LP

Hold On

Choir version created for Rock Choir by Rock Choir Leader Catherine Courtley 2020 (v2)

Verse 1

(Sops/U. Altos) I know there's pain.. ~
(All) Why do you lock your-self up in these.. chains..? ~
(L. Altos/Bass) No-one can change your life ex-cept for you ~
(All) Don't ev-er let an-y-one step all ov-er you.. ~
(Sops/U. Altos) Just op-en your heart ~ and your mind.. ~
(All) Is it rea-lly fair to feel, ~ this way in-side.. ~ Oh... ~

Chorus 1

(All) Some-day some-bo-dy's gon-na make you wan-na
turn a-round and say good-bye.. ~
'Til then ba-by
(Altos/Bass) are you gon-na let them hold you down and make you cry.. ~
Don't you know, ~
(All) Don't you know, things can change, ~ things-'ll go your way, ~
(Sops) If you (All) hold... on for one more day.. ~
Can you hold... on... for one more day? ~
Things-'ll go your way.... ~ Hold on for one more day ~

Verse 2

(Sops) You could sus-tain.. ~ (Altos) You could sus-tain.. ~
(Bass) You could sus-tain ~ (Sops/Altos) Ooo...
(All) or are you *com-fort-able* with the pain..? ~ Pronounced - Kumf-ter-bul
(L. Altos/Bass) You've got no-one to blame for your un-hap-pi-ness.. ~
(Sops/U. Altos) No ba-by
(All) You got your-self in-to your own mess ~ Ooo... ~
(L. Altos/Bass) Just let-tin' your wor-ries pass you by ~
(Sops/U. Altos) Let-tin' your wor-ries pass you by
(All) Don't you think it's worth your time.. ~
to change your mind? ~ Oh.. ~

Chorus 2

(All) Some-day some-bo-dy's gon-na make you wan-na
turn a-round and say good-bye.. ~
'Til then ba-by
(Altos/Bass) are you gon-na let them hold you down and make you cry.. ~
Don't you know, ~
(All) Don't you know, things can change, ~ things-'ll go your way, ~
(Sops) If you (All) hold... on for one more day.. ~
Can you hold... on... for one more day? ~
(Sops/Bass) Things-'ll go your way.... ~ (Altos) Things-'ll go your way ~
(Sops/Bass) Hold on for one more day ~



Bridge

(Sops/U.Altos)

I know that there is pain but you ~
hold on for one more day you can ~
break free from the chains.. ~
Yeah I know that there is pain but you ~
hold on for one more day you can ~
break free break from the **chains....** ~

(L.Altos/Bass)

I know there's pain.. ~
one more day.. ~ those.. chains.. ~
No more pain.. one.. day... ~
We'll break.. those.. **chains....** ~

Chorus 3

(All) Some-day some-bo-dy's gon-na make you wan-na
turn a-round and say good-bye.. ~

'Til then ba-by

(Altos/Bass) are you gon-na let them hold you down and make you cry.. ~

Don't you know, ~

(All) Don't you know, things can change, ~ things-'ll go your way, ~

(Sops) If you (All) hold... on for one more day.. ~

(All) Can you ho.. hold on..... ~

Finale

(U.Altos/Bass)

Hold on for one more day, you can
break free from the chains ~ (x5)

Hold on for one more day, you can

(Sops/L.Altos)

Don't you know, things can change ~
Things-'ll go your way ~ (x3)

Don't you know, things can change ~

(All) break free from the chains.... ~