



Rise Shine #Woke

LYRIC BOOK



Welcome Rockstars!

We made this album for YOU. We made it for you to feel proud of who you are. We made it so you could learn to be a super friend for someone else. We made it to remind us ALL of how this world is ours to change. We get to take good care of each other. We can notice when things are not fair and say, "Wait. Stop! We can do better." Let's all do better.

This album reminds us to RISE, like the sun each morning. It reminds us to SHINE our light and lift each other up. It reminds us to be WOKE by waking up to injustice and doing everything we can to stop it. This music helps us to imagine a world where EVERYONE feels safe and loved.

Imagine that you have the power to make people around you feel welcome and know they belong. You do! Imagine that you have the courage to speak out and stand up for justice. You do! Imagine a world where we all feel free to be our true selves. This is the world we are making, rockstars!

With love and hip hop,
The Alphabet Rockers Crew

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The Nitro

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Written by Kaitlin McGaw, Tommy Shepherd, Jerry Lordan [sample of Sugarhill Gang "Apache (Jump on It)"]

Whatcha gonna do when the rockers come through?
I'm gonna have some fun!
What do you consider fun?
Fun, natural fun!

We get up, get up - we stand up stand up
We get up, get up - stand up!
We get up, get up - we stand up stand up
We get up, get up - stand up!

Put your rocks up, rock stars
Put your rocks up, rock stars
Put your rocks up, rock stars
And go rock—star
Yea, just make a rock with your hand and go rock-star!

Yes, our rock means together
Our rock means we must
Stand up together
We love and trust
Our rock means unity
You and I - that's (UNITY)
So come on, let it rock like stars everywhere
If you're feeling energized put em up in the air
Say...
Oh yea oh yea...
Oh yea oh yea...

So come on, let it rock like stars one time
If you're feeling energized and you see the light
Say...
Alright— alright
Alright— alright

Oh yea-- oh yea
Alright— alright
Oh yea-- oh yea
Alright— alright

Just wave 'em, wave 'em, wave 'em in the air
Wave 'em, wave 'em - like you just don't care
Bring it down to the floor,
Stomp it out you want some more.
Just wave 'em, wave 'em, wave 'em in the air
Wave 'em, wave 'em - like you just don't care
Bring it down to the floor,
Stomp it out you want some more.

Now it's time for us to shine
Through our beats our moves and rhymes
You got me and I got you
Now we're a crew we got work to do!

So let's move—
Are you ready?

It's time to rock!!



Turn on the Lights

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Written by Kaitlin McGaw, Tommy Shepherd. Music by Torrance Esmond and Brandon Miller.

Turn on the lights
We need you
Turn it up make it loud
#I'm proud

It's easy to say/ that we're all the same/
and that for the most part we're equal
That's not what we see/ we know the secret/
there's new ways to think than that prequel
How about— be proud of our culture take part in our
heritage celebrate differences
Love and respect is what we protect
especially in justice instances
We know that we're young/ but we can take it
Drama in the world and we can't shake it /
Uh uh we can't shake it /Can't shake it
All these lessons and all these questions /
That y'all have been teaching us since birth
You don't want me to get hurt/
but all this pain is making me work
Help me see what you see?

Close my eyes, make believe
Just pretend— life is easy
Open wide, see the light
Truth in life is what we're seeking

[CHORUS]

(We are the light / Don't lose sight)

Lights

Turn on the lights

We turn on the lights

Turn it up loud—hashtag I'm proud—right

Turn on the lights

Oh-oh

We see things right

we be turning on the lights

(Love) I love that you love me so much
(Hugs) The hugs and the kisses and such
So show me the world that I need to see
So I don't lose touch
Pinch my cheeks cuz I'm cute
I am the living proof
I am the love of your life the heart of your dreams
& I need you to tell me the truth
(I'm gonna change the world!)
Yes I can be president
Yes I can follow the rules
Yet all my answers to questions get questioned and
second guessed
And that ain't cool
What I see is not fair to me
I don't see myself on TV
Now look me in the eye
Answer me carefully

Close my eyes, make believe, just pretend— life is easy
Open wide, see the light
Truth in life is what we're seeking

CHORUS

Rise
Shine
#Wake



Rise

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Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond.

With excerpts from "America is Black" by Tatyana Fazlalizadeh, "Still I Rise" by Maya Angelou, and speech by President Barack Obama

If you can't fly, what can you do? RUN
If you can't run, what can you do? WALK
If you can't walk, what can you do? CRAWL
If you can't crawl, what can you do? ROLL
Whatever it is we got to keep it moving— Rise!

*"Change will not come if we wait for some other person
or if we wait for some other time. We are the ones we've
been waiting for. We are the change that we seek."*

—President Barack Obama

I have a dream
I have a dream
Yea—I float like a butterfly sting like a bee
Gonna be the change in the world that we gotta see...
Yes I fall down, time and time again I fall down
Time and time again, I fall
But still I rise.
Rise, rise, rise

Still I rise

People say amazing things
People do amazing things
People are amazing beings
You are what amazing is

[POEM - Tatyana Fazlalizadeh]

America is black

It is native

It wears a hijab

It is a spanish speaking tongue

It is migrant

It is a woman

It is here—has been here

And it's not going anywhere

[CHORUS]

**You are born to touch the sky
You are here to live that life
Dream high— dream with all your might
Cuz you are born to touch the sky**

You may get me with your words
You may cut me with your eyes
You may hurt me with your hatefulness
Nonetheless still I rise
You may get me with your words
You may cut me with your eyes
You may hurt me with your hatefulness
Nonetheless just like air still I rise

If they call us bad names— look them in the eye
If they push us down— be a true ally
If they try to build a wall, we won't comply
Cuz when they go low, we go high

They go low, we go high
They go low, we go high
They go low, we go high

If you can't fly ,what can you do? RUN
If you can't run, what can you do? WALK
If you can't walk, what can you do? CRAWL
If you can't crawl, what can you do? ROLL
People say amazing things
People do amazing things
People are amazing beings
You are what amazing is
If you can't fly ,what can you do? RUN
If you can't run, what can you do? WALK
If you can't walk, what can you do? CRAWL
If you can't crawl, what can you do? ROLL
People say amazing things
People do amazing things
People are amazing beings
You are what amazing is

CHORUS x2

You may get me with your words
You may cut me with your eyes— I rise
You may get me with your words
You may cut me with your eyes— I rise

Questions (Interlude)

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Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond

What is my color?
What is my skin tone?
What is its history?
What is its culture?

What is my culture?
What is my color?
What is a skin tone?
Why do we label?

What do I stand for?
Who do I stand for?
What does it mean to you?
What does it mean to me?

What is my history?
What is my legacy?
What does it mean to you?
What does it mean to me?

Let's talk about it.



Rise
Shine
#Wake

I'm Proud

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond.

*You know it's time to stand up!
Be you get loud!*

Proud to be who I am and to be a good friend
Gotta know that you're you and I'm me
And together we can understand
That there's more to us
Than what you see
Listen up
Right here right now you'll see

I got the power
I got the strength
I got the love of those, who come before me
Who made me who I am
I got the courage
I got the drive
I got the magic forming inside me
It makes me who I am

[CHORUS]

Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin' UP
Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin' up!

Me, it's easy to be
But only when you see me and let me be exactly
Who i'm meant to be
A rising star
An open heart
When we need change
Right now
Right here
I'll start

I got the power
I got the strength
I got the love of those, who come before me
Who made me who i am
I've got the courage
I got the drive
I got the magic forming inside me
It makes me who I am

CHORUS

I got the power and I use it—when I speak my mind
I got the strength and I prove it— I prove it every time
See me - I never give up
And you - you never give up
So we lift each other up
So we can keep living up

We are the power— get your power
We are the strength— get your strength
We are the love— get your love
We are the courage— get your courage
We are the drive— get your drive
We are the magic— get your magic
It's our life! Go get your life!
It's our life! Go get your life!

CHORUS x2

Rise
Shine
#Wake



My Light

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond.

I shine
I shine
You shine
You shine
We shine
We shine
Let's shine
Let's shine

[CHORUS]

I'm gonna step into
My light my light my light my light
Cuz I'm the main player in
my life, my life, my life, my LIFE!
So I'm gonna step into
My light my light my light my light
Cuz I'm the main player in
my life, my life, my life, my LIFE!

Upstage downstage step onto the spike mark
Lonestar in my life everybody plays a part
HEY I like your moves, YEA I got em too
WOW—BRAVE you wanna see how I do?

Yes, I'm learning 'bout my business
Yes, I'm moving, yes I'm in this
HEY the time's right, YES, I shine bright
WOW— GO, gotta do it how I like

OH---I got what I need
OH---It's all a part of me

CHORUS

Speak up, speak out gotta get my voice heard
No matter what's happening you know I can take a turn
HEY, I make a choice, YEA, I use my voice
WOW— BRAVE, listen up ain't it nice?

Trust I got this, trust I need you
Trust I'm listening, trust I see you
HEY we're stepping up, YES we're on the ups
WOW— Go, it's gonna take all of us

OH---I got what I need
OH---It's all a part of me

OH--- When it's our turn we shine like no one else—
you know what else
OH--- There is no question we will find our light—
you know that's right!

CHORUS



Shine

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd, Genevieve Goings. Music by Derrick Okoth, Torrance Esmond.

**Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I...
(SHINE, I SHINE!)**

When they catch a good glimpse of what I'm really on
I will get some followers - Prolly like a million
Smile so big that it's lookin' like the ceilings gone
You be like is that the sun?
Nope it's just the bright one
Shades on, take a look - look at this complexity
Not just a star I'm-a (I'm-a) (I'm-a) galaxy
I'm the big bang written in the black stars
Everything that's beautiful has me up at the start
My dreams are awakening everybody's sleepin' in
Follow my light to the life we should be leadin'
My imagination is the fire, earth is my knowledge
Wind is my word— flow like water
That's my (that's my) power

**Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]**

I've known rivers
Designed pyramids
I mean...I...can fly
Like Pharaoh and Cleopatra did
I sing loud and yes, I speak clearly
When it's about my skin, my hair, my prayers, my family
Cuz I'm a bird in the sky— not like a bird caged
Carving out a true path— right up to center stage
Making my voice a tradition not a holiday
It's more than a month, man my history is everyday
And everyday I pray 5 times, and yes I do, I pray for you
That you can tie it up tight in a pair of my shoes
Or my skin, or my hair, or my clothes, my rights, or my
life or the light on my skin and we can

**Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]**

[Instrumental]

**Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]**



On the Corner (Interlude)

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Written by Tommy Shepherd III, Kali de Jesus, Kaitlin McGaw and Tommy Shepherd.

[T3PO and Kali]

I see it clear now, I know what I'm here for
To shift minds one move at a time on the dance floor

I see peace so I write it on the wall
Throw it up as a wake up call to all of y'all

My name is Tommy T3PO, sharp as a tack
If you don't look like me, would you still have my back?

Yup! My name is Kali and Kali's a martial art
I'm here to make it known racism will fall apart

We're here to represent our school and our people
If you don't know now you know, I'm Black and Chicano
I'm a quarter White, three quarters Filipino
now me and T3PO will tell you what we know

We know without love we can't make it
We love the world and we wanna save it
We know our country's in trouble— we can reshape it
We see all the injustice— we can't take it
But we can change it!
Thank you.

[Zion]

You are you
I am me
You and me
Eye 'n eye
We are X
We are Z
We decide who's family
Why me?
Because I got you -
So get me
You know I got you
So get me



What Are You?

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth, Torrance Esmond.

When they ask you, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
When they ask, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
You are you— what?
You are a star

When you look at me, eye to eye
Hope you see just how I ride
My destiny, it's all in me
My history and my family
from around the world and across the seas
Just like you, we're not just one thing
Traits and places, colorful spaces
Musical languages, beautiful faces

When they ask you, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
When they ask, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
You are you— what?
You are a star

It's no secret I'm just me
A star in the night and its galaxy
Might not see it yet but I belong
Might see me one day beyond this song

How constellations shift and shed light
Help you see new things that are already bright
There are no limits, there are no labels
There's no stopping us, we're turning tables

When they ask you, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
When they ask, what you are
You respond— I'm a star
They don't really know what they do
It's no secret that you are you
You are you— what?
You are a star

You are you
I am me
You and me
Eye 'n eye
We are X
We are Z
We decide who's family
Why me?
Because I got you,
So get me
You know I got you,
So get me



Walls

© School Time Music LLC

Written by Juan Amador, Kaitlin McGaw, Tommy Shepherd. Music by Xavier Mosley (Chief Xcel of Blackalicious), Timothy Armstrong

Ask yourself, are we the people?
Are we the people that
That we wanna be?

[CHORUS]

**We know we all belong
We know this is our home
These walls can't stop the love
These walls can't hold us down**

Not a border, not a wall
not a line in the sand
could devise a plan
to divide us again
No hay pared/ que puede parar
comunidad/ humildad
paramos juntos
no pueden amenazar
todos nosotros
no somos solos
we are familia
my parents lead a life
to feed us right
even when sometimes
all that we can eat
is the beans & rice
it's like
we take pride
with our food
my abuelita's recipes
in her accent telling me
this your culture
mijo.. never be ashamed
but nowadays
they wanna detain
cause of your name
or the color of your face
I wish I could explain
why are people calling us bad things
when we're looking for the same, as you
play a game or two,
feel safe at school
why you wanna make us move?

CHORUS

I wanna keep dreaming
grow up and still believe in
whatever I can see I can be that
Nobody to say no not today
You gotta stay, gotta stop
this is too steep to pass
Lo mismo que sentia
mi mama when se iba
a una tierra que no sabia
buscando una vida mejor
cruzando a pesar del dolor
esto se necesita
para su hija y su hijo
para su gente, for her people
I want to see those
beautiful faces
smiles with no trace
of fear or dismay
from a wall to make shade with
Love beyond borders
Florida to California
Never be a wall tall enough to hold us
Back from our greatness and focus
We're the ones we have waited for
The dreams we have chosen

CHORUS

[Our friends from across the country and around the world sent us recordings of "We are the people" and "We belong here" in their languages: Tagalog, Spanish, Mandarin, Hindi, Arabic, Kurdish, Haitian Creole, Finnish, Italian, German, Japanese, Korean, Greek]

Stand up for You

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth and Torrance Esmond.

It's time to be woke!

[Chorus]

I'm-a stand up for you!

I'm-a stand up for you! (for who?) [x4]

Step back and listen

Be allies

If it's not about you

Then you know why

Everyone is different

No one's the same

From gender to color to how we pray

Ask yourself – is the world really fair?

Ask yourself – what's going on over there?

Ask yourself – who's really alright?

Ask yourself – how can i open my mind?

Ask yourself – who do I stand up for?

Ask yourself – do I wanna do more?

Ask yourself – am I woke? If you're woke, then

Stand up speak up!

Chorus

To be together

and stand as one

Gotta wanna know each other

Everyone

It takes mad courage

And that fierce love

To bravely stand up and

Defend someone

Ask 'em now – do I say your name right?

Ask 'em now – are you really alright?

Ask 'em now – did you get your turn?

Ask 'em now – is there more for me to learn?

Ask 'em how can I stand up for you?

Ask 'em how can I do more for you?

Ask yourself– am I woke? If you're woke then

Stand up speak up!

Chorus

We are the ones we've been waiting for

We gotta change things now

Right now. not some other time

I don't look like you, but I still got your back.

I don't look like you, but I still got your back.

Do something. Make a difference. Don't wait.



Rise
Shine
#Woke

Sway

© School Time Music LLC

Written by Kaitlin McGaw, Tommy Shepherd. Music by Derrick Okoth and Torrance Esmond.

STEP UP!

I see you— I see you
I like it— I like it
You look good— you look good
Let's move— OK!
Sway

I hear you— I hear you
I like it— I like it
Sounds good— sounds good
Let's move— OK!
Sway

I see you— I see you
I'm different— I'm different
You shine, though— You shine, though
True— True
Sway

I'm standing up for you. (For who?) For you!
I'm standing up for you. (For who?) For you!
I'm standing up for you. (For who?) For you!
I'm standing up for you. (For who?) For you!
Sway

They try to hold me down
But I'm a hold you up!
They try to say I'm wrong
But you're right... what's UP?
That's Sway

And now I'm stepping up
And now I'm stepping back
And now I'm speaking up
I'm listenin' right back
Let's Sway

I see you— I see you
We're different— we're different
We rock though— we rock though
That's how we do— that's
Sway

I got my sway. I got my sway!

I'm stepping up for you. (For who?) For you!
I'm stepping up for you. (For who?) For you!
I'm stepping up for you. (For who?) For you!
I'm stepping up for you. (For who?) For you!

Sway

Rock with it now
Sway with it now [x4]
Step up - step up - step up - step up!

I rise.
I shine.
We woke.
That's what we do.
I rise.
I shine.
We woke.
That's what it is.

Sway



Dig in!

Did you learn all the words yet? Make up your own moves? What if you hang the lyric sheet of your favorite song in your room? That's what we like to do! Here are some questions you can talk about in your classrooms, the car, or at bedtime...

1. What words do you remember from *Rise Shine #Woke*? Let's make a list. What do they mean?
2. Legacy is how the things you do impact the world and one another. What do you want your legacy to be? (track 5)
3. Finish this sentence. I'm Proud of...(in your self, your family, your community) (track 6)
4. Take turns saying: "Excuse me, do you know my power?" What does it feel like to say that? (track 6)
5. "If you don't look like me would you still have my back?" The kids rapping in this song want to end racism. How do you know when a friend has your back? How can you be a better friend to people who don't look like you? (track 10)
6. Alphabet Rockers believe that in our school or family, every single person BELONGS. It's our responsibility to DO things so everyone feels welcome. How can we do that here? (track 12)
7. What do kids say when Tommy asks about the word ally? What does "ally" mean to you? (track 13)
8. Who do the Alphabet Rockers stand up for? How do we stand up for each other in our community? (track 14)
9. Look at the person next to you. Say, "I see you" and celebrate something you like about them. (track 15)
10. In one word, share how *Rise Shine #Woke* makes you feel.



BOOKS THAT ARE WOKE

We asked our librarian friends to share the best books to help us Rise, Shine and be Woke. Check out these titles with your family or class at school.



Stand Tall, Molly Lou Melon
By Patty Lovell,
Illustrated by David Catrow



If You Plant a Seed
By Kadir Nelson



The Smallest Girl in the Smallest Grade
By Justin Roberts,
Illustrated by Christian Robinson

Each Kindness
By Jacqueline Woodson,
Illustrated by E.B. Lewis

We March
By Shane W. Evans

Giant Steps to Change the World
By Spike Lee and Tonya Lewis Lee,
Illustrated by Sean Qualls

It's Okay to Be Different
By Todd Parr

I Have the Right to Be a Child
By Alain Serres,
Illustrated by Aurelia Fronty

Real Kids, Real Stories, Real Change: Courageous Actions Around the World
By Garth Sundem

Our Rights: How Kids Are Changing the World
By Janet Wilson



ABOUT US

Alphabet Rockers make music that makes change



People often want to know what brought a "white girl from Harvard" (Founder Kaitlin McGaw) and a "black drummer/actor/beatboxer from LA" (Music Director Tommy Shepherd) together to make Alphabet Rockers. In a country that struggles with inequality, this question makes sense - the duo perhaps are from different worlds by place/gender/race. But the music that moved them was the same.

They both wanted to raise up voices for change. They both believed in the power of children to be tiny changemakers. Their passion is to create positive messages and modern beats to help children love who they are, fight bias, and celebrate difference. Based in Oakland, CA, this dynamic team has brought joy to tough topics through hip hop since 2007.

Alphabet Rockers are known as the premiere children's hip hop artists who focus on social change and racial justice. Partnering with thought leaders on anti-bias and child development from U.C. Berkeley and World Trust, they create empowered, engaging concerts and activities for young children, families, and educators. This group is consciousness in motion, working to build a platform for institutional change through children's media.

Alphabet Rockers have a fresh, contemporary sound. This is due, in part to working with artist incubator, Zoo Labs and Grammy-winning producers in Oakland, CA.

Their new album, "Rise Shine #Woke" raises critical and joyful conversations around social justice for our kids and families. Emmy-winning comedian W. Kamau Bell (CNN), states that this music is the "soundtrack for the lives of the future people that we want in the world. It creates the culture that is the reality of the world we want." This follows the successful path of previous release "The Playground Zone," which was featured on the front page of the San Francisco Chronicle, hit the charts with KidsPlaceLive on Sirius XM, and inspires thousands of children each month to speak up about how they can change the world. Their vision and impact attract financial support from funders including the East Bay Community Foundation, the Akonadi Foundation, the City of Oakland and the Clorox Company. Funders who want to hear new works reflecting the brilliance of our young children, partner with Alphabet Rockers to make a soundtrack for the peaceful and just world we want to see.

From national stages like Wolf Trap Center for the Performing Arts to community engagements, the group performs hundreds of shows annually. Each performance is an energetic, authentic hip hop experience.

Alphabet Rockers define hip hop as a "freedom culture" and each concert is an opportunity for positive change. People come to the concert with a common goal of entertainment and find they leave as a community, seeing and celebrating their differences. In addition to concerts, recordings and videos, the Alphabet Rockers teaching artists dedicate thousands of hours of educational services to schools, libraries, and communities.

Get moving to music that moves you. Engage in the conversation with Alphabet Rockers through community, connection, and hip hop.

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#riseshinewoke

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**"Hip Hop
Spells
Success:
Alphabet
Rockers
tackle issues
of race,
diversity,
and kindness
while
instilling
a love of
hip hop."**

**—San Francisco
Chronicle**



Join us in this brave space.

Rise Shine #Woke is an album made in collaboration with thought leaders, activists, educators, children and families dedicated to challenging our biases and creating a safer world for us all. Every word, poem, melody and beat is a reflection of you and our shared mission. We are allies committed to raising changemakers.

Songwriting: All lyrics and music written by Kaitlin McGaw (Letter Kay ASCAP) and Tommy Shepherd (Felonious Music ASCAP). Music by Torrance Esmond (Track Or Die Music, BMI) (all but 12), Derrick Okoth (All Family No Friends / This All We Got Music, BMI) (all but 3 & 12), Brandon Miller (Real Chance Publishing/This All We Got Music BMI) (3), X.Mosley (Obrafo Music ASCAP) and T. Armstrong (Okami Tone Music ASCAP, T. Underdue/Underdue Entertainment ASCAP) (12). Guest Songwriters: Genevieve Goings (Sounds Like the Single, SESAC) (9), Juan Amador (12), and introducing 9 year olds Tommy Shepherd III and Kali de Jesus (10). "Rise" includes excerpts from "America is Black" by Tatyana Fazlalizadeh, "Still I Rise" by Maya Angelou, and speech by President Barack Obama. "Power" includes an interpretation of Joan Baez's "Ain't Gonna Let Nobody Turn Me Around."

Produced by Street Symphony (Torrance Esmond) (1, 3-7, 9, 11, 14, 15), D.O. Speaks (1, 4-7, 9, 11, 14, 15), Real Chance (3), Chief Xcel (12), Kevin & Geoff McCann (8, 13, 16), Tommy Shepherd (2, 10) and Teeko (17). All arrangements by Tommy Shepherd, Kaitlin McGaw, with Kevin and Geoff McCann (8,13,16). Mixed by Jeff Kolhede (all but 12) with Jason Villaroman (3), Rick Vargas (4), Chief XCel (12). Mastered by Colin Leonard at SING Mastering, Atlanta GA using SING Technology® (Patented). Engineered by Jeff Kolhede, Kevin McCann, Jason Villaroman and J. Michael Neal. Interlude dialogue recorded at Young Gifted and Black rehearsal by Tommy Shepherd. Additional instrumentation from: Wonway Posibul (DJ), Kevin & Geoff McCann (Moog, Bass, Guitar, Keys), Jeff Kolhede (Saxophone), Tommy Shepherd (Beatboxing and Percussion), and on "Walls," Timothy Armstrong/Okami Tone (Keys) and Teak "The Beatsmith" Underdue/Hallway Productions (Bass). "The Nitro" includes samples of the Sugar Hill Gang's version of Jerry Lordan's "Apache," used with permission from Sunflower Entertainment.

Featured Vocalists: Kaitlin McGaw, Tommy Shepherd, Genevieve Goings (4, 9), Lily Ellis (6), Tossie Long (7), Zion Angeles (10, 11, 15), Tommy Shepherd III (10, 11, 15), Kali de Jesus (10), Kimiko Joy (11), Kat Evasco (12), Juan Amador (Wonway Posibul) (12), Backing Vocalists: Zoe Ellis (6), Tossie Long (6), Lynn Johnson (7), Carla Gallardo (12).

Interludes feature: Laroilyn Davis, Hodari and Candice Davis, Young Gifted and Black, Tommy Shepherd III, Zion Angeles. "Rise" features Genevieve Goings, with Secret Agent 23 Skidoo, Mista Cookie Jar, Aaron Nigel Smith, and youth poets Aissa Negus and Omari Diltz. "Walls" includes the voices of our community across America and refugee camps in Greece.

Rise Shine #Woke Models: Tommy Shepherd III, Kali de Jesus, Duy de Leon-McCalla, Eric Rosario and Kaia Marbin. Album Art: Ratha Nou. Layout: Stefanie Liang Chung. Communications Manager: Allison Kenny. Photography: Steve Jennings. Live Show Director: Dan Wolf. Choreographer: Samara Atkins. Advisor: Dia Tschirki-Penning. Gratitude to Spotlight:Girls, Abundant Beginnings, Boomshake Music, Destiny Arts Center, Katherine O'Sullivan See, Nathalie-Andree Muzac, Dr. Allison Briscoe-Smith, Mariah Rankine-Landers, Constance Moore, Hodari Davis, Candice Davis, Laroilyn Davis, Cathy Fink, Devin Walker, Aston & Aushlee Motes, Jyothi & Seth Marbin, Brad & Erin Dollar, Ellen Sebastian Chang, Vinitha & Dave Watson, Kat Evasco and our families Anna Maria Luera and Adhi Nagraj for collaboration and support. Recorded at Zoo Labs, Oakland, CA.



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