You might have to do some time

Are you ready to throwdown? Yes we are! Well get on down like your 'posed to And shake your ass on the carpet like the old school Are you ready to throwdown? Yes we are! Well get on down like your 'posed to And give a loc a little dap when he walks through If there be a dope beat then all y'all see Get up out your seat and let me see yo technique Freak yo physique and you betta not compete Make it hot and sweaty like twenty deep in a jeep Never comin' cheap, forty creep And I hope you don't mind if I borrow a few things while you go to Sleep I steal money from the rich And give it to the poor, it's Coolio loco and ghetto witch doctor super, you are Bring it from the back and bring it to the front Cause you gotta give the people what they want Now hump, do the stomp to the butt Big homie shake your gut As long as you get your ass up It's a party over here And let me make it clear 40 Thevz is the crew So you better come anew Ain't a damn thing change since the first one And if you didn't hear the album go get one (One) Are you ready to throwdown? Yes we are! Well, get on down like your 'posed to And shake your ass on the carpet like the old school Are you ready to throwdown? Yes we are! Well, get on down like your 'posed to And give a loc a little dap when he walks through. Here come the thief on the old school beat And I never knew the meaning of the word "defeat" The master of disguise wanna see the people's eyes Yet, fools try to deny that the ?man? can fly Just cook 'em all up like gumbo And block their ass like Mutumbo Cause your album dropped off the charts like Dumbo We are new and improved to make you put on your boogie shoes Like K.C. and the Sunshine Band, or the Wu-Tang Clan I go way back like Vegas, Nixon, Noreaga It's the tennis shoe players fat box on the quiet station Now what if hip hop was like Humpty Dumpty sittin' on the wall And what if hip hop had to take a great fall And what if rhyme was a crime And each and every time That you spit a dope line

Most of these clowns will be tryin' to skip town But Coolio will be ready for the showdown

Are you ready to throwdown?
Yes we are!
Well, get on down like your 'posed to
And shake your ass on the carpet like the old school
Are you ready to throwdown?
Yes we are!
Well, get on down' like your 'posed to
And pass a joint to the loc when he roll through

If the shoe fit, put it on and stick And if your ass uncash don't let your mouth write no check Fools be in the bars unadvanced with a switch Uppercuts and fight kicks with Weird Al Yankovich From Tokyo to Sojo, rollin wit the 4-0This hip hop that I'm holdin' I'll make it move your hoe It's the Vandino, everything but rhyme's broken Breakin' a nigga with first position at the open You can't understand how I do it I'm just true to it I let my pen flow across the paper like it was made affluent Uh, let it ring, let it rip Everybody holler like Marvin Gaye, but don't you let the record skip Synchronize the watch, cause the party don't stop Till the neighborhood watch call the cops It's the wild ass festival, coast line veteran Once again droppin' bombs on yo section (On yo section)

Are you ready to throwndown? Yes we are! Well, get on down like your 'posed to And shake your ass on the carpet like the old school Are you ready to throwdown? Yes we are! Well, get on down like your 'posed to And pass the brew to the loc when he roll through Are you ready to throwdown? Yes we are! Well, get on down like your 'posed to And shake your ass on the carpet like the old school Are you ready to throwdown? Yes we are! Well, get on down like your 'posed to And give a loc a little dap when he roll through. Fool!