You can't touch this (Repeat 5x) My my my music hits me so hard Makes me say "Oh my Lord" Thank you for blessing me With a mind to rhyme and two hype feet It feels good when you know you're down A super dope homeboy from the Oaktown And I'm known as such And this is a beat uh you can't touch I told you homeboy (You can't touch this) Yeah that's how we living and you know (You can't touch this) Look at my eyes, man (You can't touch this) Yo, let me bust the funky lyrics (You can't touch this) Fresh new kicks, advance You gotta like that, now you know you wanna dance So move, outta your seat And get a fly girl and catch this beat While it's rolling, hold on Pump a little bit and let 'em know it's going on Like that, like that Cold on a mission so fall them back Let 'em know, that you're too much And this is a beat, uh, you can't touch Yo, I told you (You can't touch this) Why you standing there, man? (You can't touch this) Yo, sound the bell, school is in, sucka (You can't touch this) Give me a song, or rhythm Make 'em sweat, that's what I'm giving 'em Now, they know You talking about the Hammer you talking about a show That's hype, and tight Singers are sweating so pass them a wipe Or a tape, to learn What's it gonna take in the 90's to burn The charts? Legit Either work hard or you might as well quit That's word because you know... You can't touch this (Repeat 2x) Break it down! (Music breaks down) Stop, Hammer time! Go with the funk, it is said That if you can't groove to this then you probably are dead So wave your hands in the air

Bust a few moves, fun your fingers through your hair

Just for a minute let's all do the bump, bump, bump

Dance to this and you're gonna get thinner

This is it, for a winner

Move, slide your rump

Yeah... (You can't touch this)
Look, man (You can't touch this)
You better get hype, boy, because you know (You can't touch this)
Ring the bell, school's back in (You can't touch this)

Break it down! (Crazy bridge) Stop, Hammer time!

You can't touch this (Repeat 4x)

Break it down! (Nice pants, Hammer) Stop, Hammer time!

Every time you see me
The Hammer's just so hype
I'm dope on the floor and I'm magic on the mic
Now why would I ever stop doing this?
With others making records that just don't hit
I've toured around the world, from London to the Bay
It's "Hammer, go Hammer, MC Hammer, yo Hammer"
And the rest can go and play

You can't touch this (Repeat 5x)