Now don't start a fessin your on the check We're so damn hard we never sweat A gonna' rock gonna' roll we'll take control But if ya had to rock the mic it's in the soul In the heart in the mind it'll make you blind It'll make the other rappers a drop the time Do you mind huh.. It can take you home And teach you how to fess on the microphone MCA M-A-C-I-N-GI'm a messing on the mic at all the cool parties I've been on the mic in Rome and Capri And all the fine women italian fell in love with me Now Mike D.'s strool, stealin the show I say come on Mike D. lets flash some dough On the go all of the time When you're rappin your rhyme you know you ring my chime And now he's the one who's gonna show you how to dance The King AdRock, don't give him a chance When he starts to dance, the ladies gather around The King AdRock, he's gonna' get down He'll bust the know how to do it to you Just four fresh folks and we form a fresh crew AdRock just make that move Just rock to the rythme on the Beastie groove I say K-I-N-G A-D Rock You know the whole world is on my jock I got girls at the Met on the T.I.P. And I will do it to you Eddie know it's you I please Cause I'm a man who needs no introduction Got a big tool of reproduction Bouncin' in your ears what you always wishin' For the day to come when I start to dishin' On your body, yes your mind Just take another and get in line Cause when I get you into bed you know I sue Then you'll know the real meaning of the Beastie groove And now something new a double time cool rhyme From my boy AdRock sendin' tickels up your spine Suck on this this beat rocks tiny A B-E-A-S-T-I-E well everyone knows me You know that I can surely be the number one in frequency I'm hip I'm hopin I'm takin' time For everyone that's on my jock You know that I can surely rock I like to talk I take the time Turn it in I turn it out Makin' rhymes, screem and shout King of the mic I rock I know how to turn you on just like a light I'm number one and I'm the one King AdRock of physico to the last Is the day of the Beastie groove So bet the fly rhymes to make you move Everybody in the world who ever you are You better get ready D.T. double R huh...

"That's right" "Hey, hey mom" Mike D. Just make that move Just rock to the rythm of the Beastie groove Well I'll put it to you I'm Mike D. I'm rappin' on the mic anumber one MC When I'm on the go I put the ball in the hoop I throw you ten bucks as I do the allie-oop Just throw me the ball, and watch me get down I'll take you for a sucker and I'll throw you to the ground Take that if you think you can Meet the floor and that to this here rap Now you know you can bust that move Everybody dance to the Beastie groove MCA Just make that move Just rock to the rythm of the Beastie groove Come on georgous pretty little french fly girlie See me standin on the stage and wanna tour around the world If you wanna see some more when I'm not on the floor Just come on back stage and I'll tell you how to turn it You don't know what to do, I'll do it to you Well just a take off your clothes and start the boogaloo Now all the nice ladies, all say please Please And I'll know that's me MCA makin' the party with the ultimate rhymes from tip to bass Just doin those ladies all over the place On the floor, in the back, and if I'm doin lack Just a put 'em in a line layin on their back And then I'll do them all one at a time MCA so loose with the rhyme Ohh...

The Beastie groove