

## Slow and Low

Beastie Boys

Let it flow - let yourself go  
Slow and low - that is the tempo

It's never old school all brand new  
So everybody catch the bugaloo flu  
Not like a fever not like a cold  
The beats are clear the rhymes are bold  
So don't see a doctor or see a nurse  
Just listen to the music first things first  
First of all get off the wall  
It's time to party so have a ball  
We slowed it on down so get the hell up  
Like a volcano I'll erupt  
We got determination - bass and highs  
White Castle fries only come in one size  
What you see is what you get  
And you ain't seen nothing yet

I do not sing but I make a Def song  
You could live your whole life and I hope you live long  
On the Gong Show we won't get gonged  
We're the Beastie Boys not Cheech and Chong  
Strong as an ox fresh out the box  
The crowd is so live they're coming in flocks  
And when we go on the crowd goes off  
It's all hard rock there's nothing soft

We don't only rock the house but we'll house we rock  
We don't stroll but we roll straight to the top  
M.C.A., Adrock, Mike D. makes three  
And we can do it like this in the place to be  
When I'm recorded you'll be rewarded  
I know my song is Def 'cause you all applauded  
Not P.C.P. or L.S.D. just me Mike D. in the place to be  
This is not for free you must pay a fee  
Cash on delivery like a C.O.D.

The beat is slow in order to dance  
I wanna hear I dos and no I can'ts  
First you move your legs and then your arms  
It's not fast and nervous this dance is calm  
It's truly stable and you ought to be able  
To dance to the record when it's on the turntable