One, two, one, two mic check respect

To the old school and new lest we forget

That we come along way through the pain and lovin'

To get that feelin' of freedom we wouldn't change for nothin'

See I sprouted in the spring of 80's, sailed the seas for A third world, home ship wrecked in Indonesia Drifted to Virginia where my cargo like in a story And I take you back without Donny Darko in a delorium I learnt to beat box mimicking P.G.C You remember the titans but I never did C.T.C just Public elementary the PTA called a stray noise NWA tapes hidden under beds with four playboys In 92 I went down under but im like E.T Cause no-one spoke this language cept' some dude in the B.E See we found a baron just an excuse to cuss lots But you damn right the only two dudes rappin at the bus stops

This is hip-hip, a sick man's medicine
This blood, sweat, tears n lovin' adrenalin
And it just (And it just) gives me that feelin' (it just gives me that feelin')

So from tryin' to stay up late to not sleepin' for days Till my inner child smile when the reefer gets blazed From crews that drift apart to mine that keeps shit in sync From the girl that I love, to the peace that she brings Cause her harmony's the only thing that makes me behave Hoping next month grows wings and takes me away If only you could see this poet dance on his note pad Oblivious to things I don't have Cause, music is everywhere, music is life And to the rhythm of the tap drip music is mine Music is yours And you can feel it on tours From trains to bus rides, down south to up north May the force be with you See this crew three fists full Poetry with power, life I know it's in the flowers is magic where my mind's in orbit This brain's a foster home and these rhymes are orphans

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And it just (And it just) gives me that feelin' (it just gives me that feelin')

We gotta, live for the minute die for the culture Young n hard but only gettin' older
Lord knows ill never put the mic down
Let's go we'll make it happen right now
Live for the minute die for the culture
Young n hard but only gettin' older
Lord knows ill never put the mic down
Let's go we'll make it happen right now

I got a lot to give, but I gotta live

So we win of this mic man is my prerogative
This game is ill so im just livin' for the minute
Can't play life from the bench man you gotta get up in it
And its all worth it
From the page where my lead roams
So touch any spirit
When I fed poems to wet foams
Workin' in the mud but yo im dreamin' in the clouds
And shit I can feel your love when you're screamin' out loud
It goes

This is hip-hip, a sick man's medicine This blood, sweat, tears n lovin' adrenalin And it just (And it just) gives me that feelin' (it just gives me that feelin')

- Oh heeeeeey
- Oh heeeeeeey
- Oh heeeeeeey
- Oh heeeeeey
- Oh heeeeeey
- Oh heeeeeeey
- Oh heeeeeey
- Oh heeeeeey