

# Hip-Hop Body Rock

Canibus

Hip-hop do that body-rock  
Jam on and keep smokin  
Hip-hop do that body rock  
I've been gone for a while but I'm still in style (2x)

Yea, come on now get on down  
Can-I-Bus, back with the hip-hop sound  
Twenty years deep in this culture, compulsive  
Every day, this was the dream that I wrote with  
Outside chillin, b-boys spinnin  
Pretending not to notice the supreme choice women  
I rep the rude boy, not the dread posse  
I a bugsy ride with zombies behind me  
Turns the lighs up, pick the mic up  
Get 'em hyped up lookin for the right cut  
I don't write much, but I love to bust  
At the crowd 'cause they love the rush  
The mark is on my arm, was drawn  
To symbolize the art of hip-hop in its rawest form  
We could take it to the stage like we goin to war  
Both fallin through the crowd, we perform on tour  
Come correct with the rhyme, they remember the flow  
I was "Gone Til November" six Decembers ago

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Every day is a piece of enernity to weed control  
That's why rap music feeds the soul  
DJ drop needle, I shock people  
There's mic doc in the house and he's not legal  
Canibis just entered the building yo  
If you lookin for the illest, start filming yo  
I get a call, slide to Diego  
Hit the bay off with something less than a day old  
Here's a hot one for you to hold  
The super MC, Superbowl, winner takes all  
The Fahrenheit, nine eleven, rhyme weapon  
The underground give me credit when I'm sound checkin  
I feel like it's now or never, the rhyme state clever  
When the wisdom teeth grind together  
(Go to sleep) I cant go to sleep unless I write something  
(Then stay awake) I can't stay awake unless I recite something  
I can't recite something without tight substance  
When I bust and I leave mothafuckin mics busted

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