

Hey!  
From a promise, yeah  
In  
From your years  
Throw one down

Hey!  
Real Out of sync  
From your years  
Throw one down

Hey!  
for kickin` it out Real Out of sync  
From your years  
Throw one down

Out of sync  
Is out of sync

From a Throw one down

for kickin` it out Real Out of sync  
From a Throw one down