## (talking)

If you can talk you can sing
If you can walk you can dance
That's an old proverb from Zimbabwe
You know what I mean
If you can talk you can sing
If you can walk you can dance
Yeah, and the trumpet is blown
Yeah, alright, C'mon, c'mon, c'mon, c'mon
Alright, Wooh!

## (talking)

Yeah, yeah, uh, one more time Yo, anybody can tell you how it is What we putting down right here is how it is and how it could be Reflection Eternal for real And with that-

These cats is no match, plus they lack a certain knack for rapping
They never catch the wagon like Re-run and "What's Happening"
Since back when they had potty issues and snotty tissues we been rockin
Think you poppin next year nobody will miss you
My thoughts is too advanced for the artists on these labels
They come sweeter than sabal and softer than mashed potatoes
I tried to told you the rhymes run over emcees like Land Rovers
Took 'em back in time like Sankofa, Sankofa

We stand over the Atlantic, looking broad like a man's shoulders The fire is trapped in a belly, ready to pop like canned soda We outlasting, from middle passage Touched down in New York Cincinnatay! Big Ohio status what you thought Money it's classic these bastards try to treat us like cattle So life has been a constant battle, battle Rising above the crabs in the barrel Way too used to living in death's shadow We stay on point like the best arrow, arrow We hit the target accurate Star shit, back it up When we hit town, y'all niggas pack it up That's how we get down, straight smash it up Like a whip, hydroplaning Hydro on the brain and maintaining Game changing into subtle shit, we remain blatant Yo, got to tell you to your face You get replaced in this game, by Kweli Place the face with the name These cats drink champagne and toast to death and pain Like slaves on a ship talking about who got the flyest chain

## (talking)

Yo, we the reflection of our ancestors We'd like to thank you for the building blocks you left us Cause your spirit possessed us Yo, you blessed us Thank you very much (7x)

Yo, we the reflection of our ancestors We'd like to thank you for the building blocks you left us Cause your spirit possessed us Yo, you blessed us Thank you very much God bless you (7x)