One time it's the

One time for your mind, one time for your mind

Main Source forever crews got to get more clever Whatever just have your shit together Cause it's '91 which means not a thing 'Cause for centuries we'll make crews sing No matter what record label we stay stable Pick up the album we're never on cable Crews cross over but not Main Source I use Simon's quitar strings to floss Brand New Heavies play the shit that people Used to listen to in '70 Chevies So we don't have to loop up a beat to fuck your crew up Just bring the band, by the way we got Jan On the drums, Andrew plucks the bass with his thumbs And Simon, like I mentioned before, just strums The guitar strings for all my siblings Just follow when everyone sings Brand New Heavies (Brand New Heavies) And Main Source (Main Source) Ayo, wait a minute We got the Heavies in the crib putting the funk back in it And if you know the Main Source, then you know my man K-Cut And him and Simon is going to show you what's up I can't forget the other man on the scratches Sir Scrathes, like his hands are two hachets While Andrew plucks on the bass I'm gonna let my man Sir Scratch drop taste Ayo, now everybody sing Brand New Heavies (Brand New Heavies) And Main Source (Main Source) Just an example of how rappers don't have to sample To keep the funk beat on the street Slide to the side when the Source and the Heavies collide Bonafied Funk for ya hide To wiggle, making beatheads uncivil Turntables swivel as the rap crews shrivel Away, like a fiend with tooth decay Peace is not the word to play, hey Brand New Heavies (Brand New Heavies) And Main Source (Main Source) And Main Source (Main Source) And Main Source (Main Source) And Main Source (Main Source)

The Large Professor in the house, Main Source forever y'all, be cool