

# Fit You Haffe Fit

Promoe

Chorus1

To get a hit you haffi fit, you haffi fit-it fit-it fit  
Fit  
To get a hit you haffi fit, you haffi fit-it fit-it fit  
Fit  
To hit the charts you gotta smart smart-art smart-art  
Smart smart  
To hit the charts you gotta smart smart-art smart-art  
Smart smart...

Bridge:

In the morning as I rise put on my tracksuit and  
Exercise  
Me wan'fe fit me wan'fe fit -it fit-it fit fit  
Walk on the road me nah trouble no one  
Me nah eat no steak, me nah eat no ham  
Grandma grew me as a vegetarian, music is my  
Occupation...

Versel:

Go inna de field dig some yam  
Pick some corn use it make a sham  
Schoolpickney come and get it fe nyam  
Started to sing oh what a bam bam...

Chorus 2:

Look how me big, look how me strong  
Say me must live long  
Look how me big, look how me strong  
Me a vegeterian (listen the song)

Verse 2:

New day, nottin changed - war on the tv and the front  
Page  
Still killin', poverty same. I don't want no part of  
The game  
No! stockmarket droppin' again  
Businessmen still poppin' champagne  
Want your money back! They're not gonna pay  
- Freedom fighters lock'em away  
No joke, it's time we focus  
Through the bad times work out jump rope it  
Feels hopeless, but it ain't over  
Till the fat bitch sings, so we gotta choke her

Metaphore - get shit out of your system!  
Never pork get shit out my kitchen  
Vegetables they all in the mix and  
To the chorus y'all better listen!

Chorus 2

Look how me big, look how me strong  
Say me must live long (in Babylon)  
No animal inna mi pan, no. Me strictly vegan

Chorus 1

Verse 3:

While you pumpin' your breaks I'm runnin' away  
No escape, but my hunger is great  
Aah, the people lovin' the way  
I rub a dub and numbin' the pain  
Oh! From Modern day to the Struggle tape  
My music overthrow the government  
The distance long, resistance strong  
Head on with the business it's on  
Push up, sit up - What's up, get up  
Lot of things that we gotta get rid of  
Bust up, live up - Go go, big up!  
All my people that's not gonna give up  
Everything's connected from your mental health to your  
Physical  
Eat good, work out, each one teach one, send for help  
And get busy y'all...

Chorus 2/ Chorus 1

Bridge

Verse 4:

Use my money buy foo dand place  
Nah use my money bout me a freebase  
Don't want my pants drop off from my waiste  
Don't wan feel high like me out of space  
No man a come and cut out my throat  
Tek my chain and go pop big sport  
Him and him gal gon' sniff nuff coke  
Laugh and a tek that fe big joke