See if you can step to this Now try to do this step (''Back to the lab'') and make sure the pace is kept and this ain't as smooth as I'ma get Nice and easy but hard to catch on to Move with melodies, rhymes to respond to The mic's in front of me, so you know it's gonna be rough and rugged, plus I'm smooth as I wanna be I'm somethin like sippin on Dom Perignon So absorb the song, til the rhyme's all gone My beats and speech original, you can't find these Eighty-nine is mine, so is the nineties Tellin you what you need to know and more You're unsure? On tour, I explore From street to street, to speak, from beat after beat My cypher's complete, when I build with people I meet So here's the info straight from the source in fact Paid the cost to be the boss, STEP BACK give me room to exercise the mind Three-hundred and sixty degrees'll be fine The weight of the world is what we hold That's a six, followed by twenty-one zeroes Six sex shit, sums is a lot of weight My truth is the strength and my thought won't break What it take, concentration, to rebuild our nation but we got to have mind power And we can make it work, because I know we can And if somethin go wrong, make another plan It's up to us, so strive and be wise and when we reach the top, don't stop risin And I'll keep comin up with more of the most requested songs that you all love Reach out and touch the mic, take control Still gettin +Paid+ and I still got +Soul+ And the only thing I ever wanted you to follow was poetry Mind takes X-rays, so listen closely From the darkness came the light, clear out of a dark night Now I'm here to spark the mic Send out truth, for other groups and substitutes with run-on rhymes and weak dubs and loops They'd rather hear the arsonist, they insist No need to reminisce, see if you can step to this

''Back to the lab, without a mic..'' *

Just step, the rhymes create energy Charged up, by the cut, and it's sendin me for a trip through the mind so I can locate a laid back rap at a slow rate It ain't hard at all, cause I invented it As the days go on, you hear them with it Brother bustin braincells, thinkin of a rap with the same old style, we had enough of that We all need somethin to step to And don't forget to, cause I won't let you dance without hopin that this come on next And if it go off, the DJ can't flex

Cause here's the tempo, I'ma regulate the pace
Here's the step, go find some space
And what we gonna do is in unison, KICK
Shake your head, you're influenced with music
By now you're intoxicated, cause I prove I made it
the pep your step so soon you get rejuvenated
From side to side, you pause and clap
But if you came to rap