Kick it in, Paul
Yeah
And yes yes y'all

Yo, can we take this up a little higher?
To the next plateau?
Yo D, you wanna show em some freestyle or what?
Aight
I'm goin first, I'm goin first
Check it out

Ch-ch-check out the news, never singin the blues It's your choice, so it takes you to choose The best in rap, the best in r&b The best in rock, the best in p-o-p Who works the hardest, sweats the most Who was on camera (click-click) and who was the host I say the Daddy, D-a-double d-y O - here's another hero Tryin to stop the flow, I say hell no It ain't that much stoppin a Rambo (Prah-prah-prah) Proceed to give you what you need Wise words to speak, so take heed Stompin MC's like a pesty rodent Outsell em all like Bazooka does Trident Too much heat? Get the fuck out the kitchen You'll take a hike, so you better start hitchin Stop bitchin, you make me wanna laugh You say my foot's in your ass? It's only half All the work i've done for years and years Blood, sweat and no goddamn tears So let's kick this party from dead to live Shoot it on up like a Colt .45 MC Delite, if you're number one Bust a cap in the crowd with your rhymin gun

Yo, pop-pop-pop, what a shot, here's another jam This time around I come again to slam See I write the songs that makes the young feel proud I'm workin harder by the sweat of my brow I've been endowed with the gift to slice the mark So take part as the four begin to spark And the pinacle as things get critical I'm sweatin bullets, but I'm cooler than a popsicle Pull off a miracle as a black symbol That overcomes yet any obstacle I scraped the floor, my knees get scarred But no way I give in, cause I gotta take charge Like when my foes wanna make things drastic I melt em down like real cheap plastic It ain't no thing, no sweat by me Cause I know damn well where I wanna be So join my party if you see things my way Pick up the album right now today This year's the year we keep you in gear And it's clear - blood, sweat, no tears