Hold it Down!

I'm not messin'
So learn your lesson
Take it prouder
I like it louder

(Flesh and blood)
That's what I want from you
(Flesh and blood)
Tell you what I'm gonna do
(Flesh and blood)
Got to have a little taste
(Flesh and blood)

Choose your weapon Cause I'll be steppin' it

(Flesh and blood)
That's what I want from you
(Flesh and blood)
Tell you what I'm gonna do
(Flesh and blood)
Got to get a little taste
(Flesh and blood)
I'm gonna murder ya!

(Flesh and blood)
Flesh!
Blood!
Flesh and blood!
Give it to me!
Yeah, yeah, yeah, yeah!