What's up ya'll (Owwww) It's Left Eye on the track (Owwww) My girl T-Boz over to my left (Owwww) Chilli is on my right (Yeah) We gonna teach ya'll to shout (Owwww) Unhh (Owwww) Check it out (Owwww, yeah) What's up What's up

Ooh

Same damn time every hurt or two
Something can happen to put me in the mood
Keep it inside till I turn dark blue
Trash everything I ever gave to you
Wrote it on the front of your Lexus Coupe
Didn't want to leave you with a lame excuse
Sex so good turns love to abuse
Do you wanna leave I'll put you in a noose

It's not just when I'm in bed Sometimes it's so frustratin' I keep it all in my head Till I just can't take it no more It's not just when I get mad Sometimes it's cuz I'm so glad That you are near me now I just have to get it out

Shout!

You gotta let me get it out
You gotta let it go away
Don't wanna spend another day
Unless I feel like you make me
Shout!
You gotta let me get it out
The feeling won't go away
Don't wanna spend another day
Unless I feel like you make me
Shout!

Found somethin' in your pocket
And I don't know why
I didn't say nothing' just sat and cried
Got me twisted all out inside
Not too long before the next ride
Over and over and over again
Instead of lettin' out I always let it in
This is where the confusion begins
Cuz if it don't make me you don't win

It's not just when I'm in bed
Sometimes it's so frustratin'
I keep it all in my head
Till I just can't take it no more
It's not just when I get mad
Sometimes it's cuz I'm so glad
That you are near me now
I just have to get it out

Shout!

You gotta let me get it out
You gotta let it go away
Don't wanna spend another day
Unless I feel like you make me
Shout!
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The feeling won't go away
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Shout!

Baby just tell me what you wanna do I can't help bein' in love with you Cuz sometimes I need you to turn me out Cuz that's what lovin' is all about Baby just tell me what you wanna do I can't help bein' in love with you Cuz sometimes I need you to turn me out Cuz that's what lovin' is all about Yeah

Check it

I knew that it was only time Before my rhymes Would dig into my mind And get crazy out of line I do my best To never disrespect My girls from TLC All my friends don't let me Speak my love and peace It's all about In this world with a doubt Is you down for the count Do your hoes still amount To the price that we pay To remain up in this crucial game Call it a test A game of chess Let's play Me and you one on one Breakin the ice Till the water runs Down my face like a chase Now do you hear the guns Here I come and won't quit Until the job is done Quiet storms will inform you That I've just begun Tippin' the spot till it's hot If you want what I got See me down to the dot dot com

And keep it comin' with your best shot If you're short I care alot And let's not

Shout!

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