

# Slow The Flow

## Ugly Duckling

Uh-huh! Just relaxing!  
Yeah, feels good  
Uh-huh, kinda funky  
Here we go!

It's half past eight and you're late for work  
Your stopped in gridlock and you're going berserk (Uh-huh)  
Put in overtime five days a week (Okay)  
Pullin' out your hair for stress relief,  
But you gotta compete so you get no sleep (Yup)  
You want the good life but it don't come cheap (Nope!)  
Climbin to the top of the totem pole,  
You'll fall and break your neck man slow the flow

Now I'm from southern California, home of the laid back  
We don't go lookin' for a needle in a haystack  
And I say that in a subdued mood  
Kick it on the beach, eat a little Mexican food  
But you, I don't understand, what's the rush?  
All flushed  
Mad like you missed the bus  
Another one's comin' in about ten minutes  
Man you don't gotta push yourself to the limit

Slow the flow, relax your mind  
Gain control, take your time  
Slow the flow, relax your mind  
Gain control, take your time

Uh-huh, uh-huh  
Yeah!  
"Slow the flow! " Uh-huh  
"I like to let my rhymes flow! "  
"Slow your flow! "

Relax, man  
"I like to let my rhyme flo-flo-flo-flow"  
Dizzy Dustin!

Forget about the weekdays, ready for the weekend  
Bring your swim trunks and jump into the deep end  
(Stop!) for a minute or two and take a look at the view  
I guarantee you'll see something new  
We only have two seasons; summer and spring  
So rock your flip flops and your cutoff jeans  
If you live in Long Beach then you know that I mean  
California dreamin' where it's all routine

A situation comes that so soon is past  
And you'll catch whiplash movin (What?) so quick fast (Fast, fast, fast)  
Fast, so fast, you risk breaking a limb  
You're looking for satisfaction; mistaken again  
King Solomon sang it's like chasin the wind,  
You need to slow down start takin' it in  
You need to slow down start takin' it in  
You gotta slow down start takin' it in  
You betta slow start takin' it in, start takin' it in

Slow the flow, relax your mind  
Gain control, take your time  
Slow the flow, relax your mind  
Gain control, take your time  
Slow the flow, relax your mind  
Gain control, take your time  
(I like to let my rhymes flow)  
Slow the flow, relax your mind  
Gain control, take your time

Uh-huh, uh-huh  
In London, slow the flow  
New York, slow the flow  
Shanghai, slow the flow  
In Berlin, slow the flow  
In Tokyo, slow the flow  
Rio De Janeiro, slow the flow  
In Sydney, slow the flow  
Moscow, slow the flow  
In Seoul, slow the flow  
Long Beach, you don't keep it slow!  
(Oh yeah, say what) Let's get outta here!  
(Yeah, oh yeah, say what? Yeah, oh yeah, say what? Yeah...)

And one, a two, three, four, five, a six  
A seven, a eight (Yeah!)  
Here are some of the ways we survive (Alright!)  
There's always shoplifting at the?  
Pay for a pack of gum and steal a steak  
Or insecurity is too close by (What you going do?)  
Eat the cheese right there  
I said enterprise, you got to enterprise, enterprise  
You got to enterprise, Bicycle stealing, used to be (used to be), good until  
the syndicate got all in it  
But you can now and then...