Slow And Low

Ben cook

Let it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoIt's never old school, all brand new
So everybody catch the Boogaloo flu
Not like a fever, not like a cold
The beats are clear, the rhymes are boldSo don't see a doctor or see a nurse
Just listen to the music, first things first
First of all get off the wall
It's time to party so have a ballWe slowed it on down, so get the hell up
Like a volcano, I'll erupt
We got determination base and highs
White Castle fries only come in one sizeWhat you see is what you get
And you ain't seen nothing yetLet it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoI do not sing, but I make a def song
You could live your whole life, and I hope you live long
On the Gong Show we won't get gonged
We're the Beastie Boys not Cheech and ChongStrong as an ox, fresh out the box
The crowd is so live, they're coming in flocks
And when we go on, the crowd goes off
It's all hard rock there's nothing softLet it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoSo let it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoWe don't only rock the house, but we house the rock
We don't stroll but we roll straight to the top
MCA, Ad Rock, Mike D makes three
And we can do it like this in the place to beWhen I'm recorded, you'll be rewarded
I know my song is def 'cause you all applauded
Not PCP or LSD, just me Mike D in the place to be
This is not free you must pay a fee cash on delivery like a C.O.D.So let it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoThe beat is slow in order to dance
I wanna hear I do's and no I can'ts

First you move your leg and then your arm
It's not fast and nervous this dance is calmIt's truly stable and you ought to be able
To dance to the record when it's on the turntableSo let it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempoLet it flow, let yourself go
Slow and low, that is the tempo
Let it flow, let yourself go
Slow and low, that is the tempo

Lyrics provided by
https://damnlyrics.com/