

# Body Rock

## Benasis

Aight, uhh, alright y'all slow down I'm trying  
Aight, yo I I only took a little bit of Spanish you gotta  
I, I hear what you're saying but yo, aight okay  
Alright okay, alright okay okay, alright okay, I'm feeling you, okay  
Alright okay, alright okay okay, alright okay, I'm feeling you yo  
All my people in Brooklyn and you know we're hot, I say  
We don't stop, the body rock  
All my people in Queens and the land in between say we  
Don't stop, the body rock  
Shaolin and LI say you know we're fly, say we  
Don't stop, the body rock  
From the east to the west son we take it to the chest say we  
Don't stop, the body rock  
I'm in the lab with ab, I got the band they're fat  
My man T A S H take it to your breastplate  
It's the mighty Mos Def, complete the trilogy  
Just shot myself a dime, see are you feeling me?  
Son I'm wicked and nice when I'm on facility  
Let me take a sec to review what I wrote  
Mos Def and I sound par fresh, okay it's dope  
Let's record this they gonna want this  
And all area crew is gonna flaunt this  
And when we step to the plate Pah it's flawless  
My man T A S H with styles glory great  
Great, great great, great great  
Up next we got CaTash with that west coast rhyming  
Bombing niggaz with the style as dangerous as mountain climbing  
'Cause the Alkie words I'm spitting be twisting while you listening  
Plus I'm in this motherfucker with the Likwit coalition  
That'll leave you in position, twisted backwards like dough go  
While you staring down my throat like, "Is he drunk or is he sober?"  
Who knows, all I know is Tash got flows  
And got the technique to get the ladies out of their clothes  
I been overly exposed to the forty O's and chickens  
So I'ma keep it pumping 'til the beat stop kicking  
Or 'til the plot thickens, 'cause this is how we do  
CaTash Trophe, Mos Def, and the brother man  
What's up Tash, hey yo, Tip can't call it  
Sure as Mos is Def and you alkaholik

I'ma be surfing at, thing that's worth dealing  
Hypodermically, shoot up your feeling  
Figuratively, speaking of course now  
Old and greediness, seeking it's course now  
What we gonna do, eradicate them  
Shoot them from the jam, they be diseased phlegm  
Tash love, are you ready to rock the mic?  
Q-Tip, are you ready to rock the mic  
Mos def, are you ready to rock the mic?  
We got the universal style that you got to like  
And ain't nobody stepping up when we got the mic  
So turn the AC up 'cause it's hot tonight  
And 'til the bright early morn' we be rocking you all  
Don't stop, the body rock  
'Cause I'm next to flex, and I'm technically advanced  
To turn you on like cybersex, so in less than two sec's  
I blind MC's like Thomas Dolby with the Science that'll leave  
They braincells frying slowly so slowly I flow and  
Express written consent, from the under grounding niggaz  
'Coast II Coast' I represent 'cause getting bent, I do  
But I'm doper than Sherm plus the way I put it down  
Could burn the perm off Big Worm, so peep this private screening  
Of the last action hero that be freezing rappers dead in they tracks  
Like Sub Zero 'cause Rico ain't no joke  
I eat yo' flows and yo' beat up rappers even feel my presence  
When I'm home with my feet up  
Yo what you skied up or treed up?  
Relax and pull a seat up, make your landlord turn the heat up  
Got the opposition shook like Tiger Woods about to tee up  
So niggaz no competition with the clear Mos Definition  
MC's screaming now for years  
Can't rhyme without their mom's permission  
You just a young'un coming out, getting gassed to run your mouth  
Wilding on the run about, Baby Pah you coming out  
Barking that you want a 'bout but son you know the come about  
When Mos Def blow up and, you don't, nothing  
Don't you know nothing? My crew go hunting  
We keep it on the norm then we transform som'ing  
And while, we do it, you bounce to it  
The cops wanna stop the Body Rock but don't do it  
Dynamite like Jimmy J.J.  
Swap down penny, somewhere in LA  
Now we got to bond like Voltron  
Tash you the bomb, Mos you the won ton  
Q will pick the lead, I must drop on thee

A B S, I bust down, facility  
T R A C T is the MC  
It's the LL, inside the place to be  
Tash Love, are you ready to rock the mic?  
Q-Tip, are you ready to rock the mic  
Mos Def, are you ready to rock the mic?  
We got the universal brothers that you got to like  
Now ain't nobody stepping up when we got the mic  
So turn your AC up 'cause it's hot tonight!  
And 'til the bright early morn' we'll be rocking you all  
Don't stop, the body rock  
All my people out in Queens that know you're hot, you say  
Don't stop, the body rock  
All my people out in Brooklyn and you know we're hot, say  
Don't stop, the body Rock  
Shaolin to LI and you know we're fly, said  
Don't stop, the body rock  
All the people on the Greens and the land in between said  
Don't stop, the body rock, no stopping, no stopping  
Out in Jersey, no stopping  
Philadelpi I, no stopping  
Chi Town getting down, the playgrounds  
Detroit you say, no stopping  
In Cali, no stopping  
And the great VA, no stopping, it says  
It said the Brooklyn town, no stopping  
And the Boogie Down, no stopping  
LI and Queens, no stopping  
And you see Medina Greens, no stopping  
You know we, Lyricist Lounge, no stopping  
And my man Abstract, no stopping  
Cause see we never the wack, no stopping  
Don't stop, the body bock, don't stop

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