I gotta keep movin', up and down this life
I gotta keep movin', leave the past behind
And do all it should be done, to live my life and have some fun
Life is how you make it, so take it

Now I see ya still movin, while I'm groovin,
Once again I'm back in the house, I'm improovin,
To let you know, let you real somethin good
But not this, see you wish you could
Gotta lay the past behind, what's on my mind,
It's the rime shinin, clinin, I'm pporing on a way to the top
With CBK-style with the club hiphop
I bring it back, put it down the line
I stop and come on the top of the dine
Did you think I was gone all for real?
But you're going full, with the rap appeal,
Now here it comes stronger much harder
Where black and go, much started
I can't stop, nigga come Pop! Drop!
Gotta keep movin'!

I gotta keep movin, up and down this life

I gotta keep movin', while you snoozin
It's the club style mix, I'm here to proove it
Now recognize the M to the M P,
The P is for POP, and I don't stop
And I can't be stopped now immitade it
So watch out, yeah, ya still hacned
It's the digness with the mystery
Now watch out and go, see I peep this
I still standing on the eastcoast level
I'm still diggin deep, and I'm remaining the shevel
Now I keep going try to face that
Still ponding powerful commercial track, jack
Gotta bring it to you nice and slow
On the carpet C, it is my time to glow
I stay away to long, it's beeting my chest like King Kong

I gotta keep, I gotta keep, I gotta keep on movin' I gotta keep, I gotta keep, I gotta keep on movin'

It's 1999 ya'll, and we still represent C-BLOCK We just tryin to let you know, Life is what you make it So leave the past behind, cause that's the way it's done, So keep movin!

I gotta keep movin, up and down this life