We keep it tight, we keep it right
We're comin strong, we're movin on (yeah)
It's time to rise, and unify
Keep comin strong (uh-huh, uh-huh, uh-huh!)
Just keep movin on

Yo, where's my people at?
We be where the elite be at
We really never need the gat, we comin with a sneak attack
In fact, best believe we back
What we rap it heats the track
Kenny Parker sees to that, my job is to teach these cats
Present the clear speech they lack
And show 'em how to eat from rap

You know why the devil can't get with me? Cause he's a liar, I've got victory You can stick with me, my click is free Negativity, that doesn't live with me These rappers on one, I've skipped to three These rappers on A, I've skipped to C My image, heads ain't quick to be So I thank you for pickin me I know why people got to know, these wack rappers got to go Let a MC rock the show I'll show 'em how it 'posed to go We forgot simply what we supposed to know We still must defeat the foe So what you got the dough? Your words don't make us glow In fact they make us slow How long this gonna take to know you ain't gotta be a hoe?

Look at the teacher, I stay attuned
People are blessed when I walk in the room
Snakes(?) don't stop me, and if they did
They'd be askin for a tag 'fore they kids
Medical students lose it when I enter any hospital
Doctors wanna talk music and whatever's topical
It's all logical, I perform the impossible
Through words I put hip-hop in you; listen
Here's what we got to do, unify
Defeat the flesh, defeat the beast in you and I
Win or lose I never shout, believe in yourself and never doubt
Discipline is simply a better route

We keep it tight, we keep it tight
We keep it right, we keep it right
We're comin' strong, comin' strong
We're movin' on, movin' on!
It's time to rise, it's time to rise
And unify, unifyyyy
Keep comin' strong, comin' strong
Just keep movin' on, keep on movin' on
We keep it tight, we keep it tight
We keep it right, we keep it right
We're comin' strong, we're comin' strong
We're movin' on, movin' on!

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It's time to rise, it's time to rise
And unify, it's time to unify
Keep comin' strong
Just keep movin' on, keep on movin' on

Just keep movin' on, keep on movin' on
Just keep movin' on, we gotta keep on movin' on
Just keep movin' on, wake up and realize
Just keep movin' on, that you just keep movin' on
Just keep movin' on, it's time to realize
Just keep movin' on, that you gotta keep movin' on
Just keep movin' on, keep movin' on, keep movin' on
Just keep movin' on, you gotta keep movin' on
Just keep movin' on, you gotta realize, that it's time
Keep on movin' on, keep on movin' on
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