One-two one-two
This is a groove, why'knahmsayin? We just gon' get down
My name is um, Biz Mark
Got my man Cool V in the um, in the um thang
And I can't forget my man, Everett-is-an-zell...
We gonna give love to
I'd like to give a very special um, thanks to my man LG
... and, I'd like to uhh, kick it a lil' somethin' like this
Check it out now

Words of wisdom, knowledge of understandin' To be like me takes practice and plannin' Come out fresh, like grand openin' Fender bender, loan shark lender Kareem changed his name, from Lew Alcindor The Bob Barker, the ...stopper The mad harper, the Cyndi Lauper To be or not to be a celebrity A little, comedy with Eddie Murphy Grandmaster Flash, Treacherous Three And the King of Rockers, Run-D.M.C. To all the girls and boys, like to make noise Crazy gents, spendin' dollars and cents Women and men that borrow and lend And all the children that try to pretend To be a Prince..., or Jackson Now my man Michael loves to eat cycle Crazy wings off the gravy train My great dane Joey, so bowl a household With the b-boy product that'll help them grow We don't give 'em milk because that give 'em the craps We feed 'em um, sausages and liver snaps But seriously, I'm in the place to be But it ain't a place to be without me me me Between herpes and AIDS, I'd rather have VD Gonorrhea syphilis is a real bad case You get goner in her pants, rhea in her face I wouldn't stick mine in her, behind A without vine One heck of mine, mine mine mine

And we gon' give a little shout out This is a little shout out, right here I just wanted to give it to 'em like this, knahmsayin'? This goes out to my man Sweet G from The Fever God bless you And, this goes out to umm, Gangsta Lou AZ from the Mossdown Crew Freddie Jones ... the whole 132 posse Like the Wooka Wooka Girls, and Cuttin' Crew And I, gotta give a, shout out to my man Londell And Cornell, from the MVS, Cuttin' Crew On a 148th Avenue I gotta give a little shout out to my man Unique and the Mega Audio Crew I can't forget cool G. in the Willie's Lounge And Willie got the good food up there with him

With them knahmsayin'? Okay I'd like to give a little shout out to my man Cash Money from Philly I gotta give a shout out to uhhhhhhh, DJ Roy And Mike and God Build and the whole Rolls International Posse At the Q Club, and, I can't forget my posse from umm Long Island you know, you know what I'm talkin' about man I'm talkin' about like the ... Posse and all my boys like um New York, Alvin and uhh EPMD and all them And my man Redman and all them, yknahmsayin' But lemme just kick a lil' somethin for you baby Cause you know how we go, we go back like um British ... Uh-huh, uhhhhhhhhh yeah Okay, I would I would like to kick this out to my man Umm, Big Joe from Farmers, uhh and me and my man \dots And the whole Queens Posse like my man Big D And the whole, everybody like I gotta give a shout out To my man, uhh, Unique, and umm, Dewmar They up in Greenhaven I think he got showtime I think he got showtime And, this goes out to my man, my man, Aaron, and his pops At the Sugar Hill baby, you know how that go My man Ron Beard umm, The Mirage down in D.C. I gotta give a shout out to Rare Essence, like my man Greyfoots And my man Funk, you know how we do Funk baby I gotta give a shout out to all my Jersey people, knamsayin' baby? Like ummm, Alaganza, annnnnd, Skandals I don't know if it's open any more, but uhh, we was there before HEH, uh-heh, we gotta give a shout out to, Mirage Club... Zanzibar, uhhh Everybody downtown Elizabeth, midtown uptown Elizabeth Gotta give a shout out to Lee-Lee, my man Haas My man Kaseem, why'all know where he at, you know I know where he at baby I gotta give a shoutout to Godfather D And uh, Bee, you know Backspin, you know how we go, we go back I gotta give a shoutout to Shawn Corleone And the whole ... M.J., Dre Dog, Kwan, Kev, Rudy And the President ... And, I don't know if I forgot anybody, but Uhh if I did I'm sorry, but I'd like to give a shout out