

Cardio

Bru-C

Yeah
You know seh da man like Bru-
C and da man like Charlie P are passin' thru now
Yeah

Yo, grab a bottle, buss it off
Gyalla follow we like some puppy dog
Step inna di dance and we lock it off
Shake it up, pop it off
My DJ, turn up di audio
Yeah you know it's me like Mario
Hip hip hooray, skip gym today
When you step inna di rave, pure bass and cardio

I'm a Drum and Bass MC, just like Shabba and Skibba
Roll to the rave with my ganja and liquor
Big up Charlie P, he's a bad-a-man singer
Gyal wantin' the D, might [?]
Salmon and quinoa, salad and pitta
Stamina's slicker, I'll lap a man quicker
Know me from the gym we got the bass and the cardio
Tell man roll to my class and get slimmer
Bassline fatter, deal wid di matter
Man like the Nike, Supreme and di Patta
Brain from Kim and the beat from Natasha
Fillin' up her belly like she eat from a platter
Riddim get shatter, Nottingham bredda
Looking for the money, where's the cheese and where's the cheddar
Inside the rave where the people come together
Drums and the bass let the music last forever

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Shake it up, pop it off
My DJ, turn up di audio
Yeah you know it's me like Mario
Hip hip hooray, skip gym today
When you step inna di rave, pure bass and cardio

Ey, we ah go work yuh like a gym instructor
Wha? Gyally move yuh waist, gyally move yuh bumper
Charlie P and Bru-C they are in yuh area
Bassline make ya move and exercise ya
Pass me my weed, Hennessy and grinder
Dem three together ah go bring me higher
Wha? Shell down the dance mi ah the vibe supplier
Name right at di top when yuh check the flyer
Yo, first me buss a skank den buss di champs
Life's good got money in mi piggy bank
Wha? Tink you are di don den bring it on
Seh, when mi sing mi song the gyalla sing along
Real reggae artist like D Brown and Yellowman
Dun 'ready tell a man, no mek mi shell a man!
Never once inna my life me gwarn bread a man
Like Bru-C when you see me say, "Megaman!"

Yo, grab a bottle, buss it off
Step inna di dance and we lock it off
My DJ, turn up di audio
Hip hip hooray, skip gym today
When you step inna di rave, pure bass and cardio
Becah we mega, trendsetter, yo
Never coulda change like Bruce Jenner
You know we're mega, trendsetter, no pressure
Big riddim come in heavy like bench presser
Look it up, you see music make me switch it up
Mi run tings, mi nah inna no fisticuffs
You know we switch it up, big vibes lift it up
DJ, mix it up, hotline ring it off!

We ah go buss it off like a don gargan, no beg, no pardon
Cook up like our don, from Notts to London
We move and pom pom, only deal wid anthem
Tonight we're on one
Tonight we're on one
One two selecta, who's on the mic, hoes in danger
Bruce on mic I run the sector
Shut down festival, arena
Bad, boy behaviour
Quick raise up making the paper
Come thru shock a man like taser
Come thru put the plan to paper
Later will be greater, go and get a shape-up
Gwarn to the rave and mek mi paper, yo
Mi haffi get mi cake up, mi like mi gyal natural
'Dem no need no makeup
Don't need no makeup
Contour, bonjour, on tour, last tune, encore
Once more, big spliff, of course, highlight, Concorde
So buss the skank while looking dank
Step in the dance, put up your hands
We make 'em skank, so

Grab a bottle, buss it off
Gyalla follow we like some puppy dog
Step inna di dance and we lock it off
Shake it up, pop it off
My DJ, turn up di audio (Turn up di audio)
Yeah you know it's me like Mario
Hip hip hooray, skip gym today
When you step inna di rave, pure bass and cardio