People runnin around Screamin somethin is down But ey, nothin is down, it's all stuck in the mind Somethin somethin to find all the time You got your eye on the ball, yet you're falling behind

Tick tack it's the clock check the wrist
The pit stop isn't really somethin that we wish
It's us thinking that we must pick up this phone just because it rings yo
(Stress)

That's what next, neglect ye rest
Accept the facts, we got deadlines to catch
Could ye check my desk cus their sendin a fax
They depend on my ass, I'll rest when I'm dead
Right, it's outrageous, shit is dangerous
Burn outs 'n breakdowns yep that 'll waste us
That'll brake us, watches 'n races
Now come on, let's face this
We're locked up in cages

Slowdown, I'm missin all ye rhythm
I don't mind to give into ye system
That's allright if we take time for chillin
And don't let the time pass you by
Slowdown, I'm missin all ye rhythm
I don't mind to give into ye system
That's allright if we take time for chillin
And don't let the clock rule your life

Same old shit different day But the main roads split when the shivering fade I say don't trip but just give it a day Cus time ticks and keeps ticking away But we don't mind that's ok, we be fine Take a little sip of wine chillin while it's primetime It ain't a crime, lying to ye boss while ye fine Pretendin to be sick drinking vodka 'n lime Sometimes I just never give a shit about whatever comes by Just let me give it a try: feelin the vibe Chill 'n unwind, I'm willing to jive, I got life And I be willing to live mine Is it the time? Is the rhyme? Is it the sunshine tickling my mind? Is it the rhyme, no fo sho it's what I am Combined with that slow motion time

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Now slowdown, cus I'm missin all ye rhythm Man I don't mind to give into ye system

That's allright if we take time for chillin And don't let the time pass you by Now slow it down, cus I'm missin all ye rhythm And I don't mind to give into ye system That's allright if we take time for chillin And don't let the clock rule your life

Slowdown, I'm missin all ye rhythm
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Slowdown, people runnin around
Slowdown, screamin somethin is down
Slowdown, but ey, nothin is down
I don't mind, it's all stuck in your mind
Slowdown, people runnin around
I don't mind, screamin somethin is down
Slowdown, it's all stuck in your mind
You got your eye on the ball, yet you're falling behind