

Butterfly searchin for a relax  
Pullin from the jazz stacks cause it's Sunday  
On the air is incense sounds to the ceiling  
Tried to get this feelin since Monday  
Lookin out the window watchin all the people go  
Buggin off a funny vibe cause now it seems they're equal  
Wonder what would 'trane say wonder what my pop say  
Buggin off the calmness in the Apple

Who me I'm coolin in NY, I'm chillin in NY  
The hoods is on my block and the brothers at the court  
The baseball hats is on and the projects is calm  
Dreamtime's extended - and highly recommended  
But early birds like me's up checkin out the scene  
The early worms jog, forget about your job  
Just come dig the essence while the decadence is hidden  
when people act like people the theory ??  
If you know the norm it's like Hades transformed  
On sunday's early hours the city sprouts its flowers  
So get with the rhythms while you gettin with the planets  
Vibe off the jams but don't take them for granted

We venture through the streets in search of funky beats  
Extensive is the travels and it's heavy on the sneaks  
ye it's kickin out the speakers of the sunday morning jeepers  
my man do planets do it lovely?  
Am I my brother's keeper?

We foot it to the park where the swoon units walk  
And sit with the phoenicians diggin on musicians  
Hangin with the rebels sippin on a Snapple  
Buggin with my crew just trippin in the Apple  
you be thinkin peace when you're vibin with your flock  
But you be thinkin damn everybody's got a glock  
If you got some beef please express that in silence  
or else - violence

But right here is the life it's the children of the concrete  
Livin off the fruits and the functions of the fat beats  
Hip-Hop's all around the members is growin  
Please dig on the sounds cause the good vibes they snowin

Wake up, prayin' that the game's on  
Maybe it's the Runnin' Rebs, maybe it's the Knicks  
maybe it's a rerun of an old tv show  
like hawaii 5-0 or karate flicks  
maybe if the phone rings butterfly will take wings  
speakin on some cool things frontin like i cope  
born under flat ground now i'm chillin shaky ground  
reachin for pacific heights sunday is my rope - dig it

Sunday's to relax  
Some Sunday morning drama is callin up my mama  
The hot line is in I guess the ? knew the deal  
Vibin off the jams of the crews on Sugarhill  
Lay around and think ain't nothin to do  
Checkin out some frommes, some satre, camus

Mingus's Ah Um, damn Roach can drum  
The DP's are life there they go here they come  
It's time to grab some loot put on the timber boots  
Checking out some dollies/dali's like tasha and kamali  
NY is a museum with its posters and graffiti  
If you're in the city on Sunday  
come check me, get with me