(You know the time? you know the time? - it's time for Nesian 101) You're never on time And music?s on all day And you be growing them rude-ngati dreads White on white sneaks and baggy jeans Got that greenstone around your neck I came from the 183 So I know a little bit about fresh bee Yes we, keep rep?n and rock?n that fresh steez Jeans cut with socks and jandals Aloha shirts be the formal dress standard Spot the poly?s from a mile away And you know they're coming when you hear this play Follow the leader.... leader Follow the leader x 2 You?re so fresh so I want to know if you're down 'cause if you are then let that hair down baby I wanna know Got 2 fried eggs on that \$1 bread Street fighter 2 where my money's spent Brothers roll past, speakers on full blast (Singing) ?Korero Maori e? You're never on time And music?s on all day And you be growing them rude-ngati dreads White on white sneaks and baggy jeans Got that greenstone around your neck ai ah we What you know about F.O.B Taro, Manioke & Lu Sipi Ya?ll know what I'm talking bout the Sunday Feeds 2 minute noodles & that fried Corned Beef for the rest of the week, that?s all there is go to school and scab off the rest of the kids save that bus money home for that \$1 chips if you don?t walk it off it goes straight to the hips.. I never run my day by time, I run my time by the change of sky, I run my time like my appetite, Coke and a pie?s what we call fine dine, SURRY CRES to SANDRINGHAM, CALIFOR-NI-A down to JAPAN, It?s the real McCoy making all that noise, More FOB than FALL OUT BOY?. You're never on time And music?s on all day And you be growing them rude-ngati dreads White on white sneaks and baggy jeans Got that greenstone around your neck So what we gon' do right here, is we gon' school ya on what we call, the ways of the fresh; Nesian 101 if ya will. So if ya feelin' what we sayin', let me know, join in Bounce on that 2 & 4, don?t clap on that 1 & 3.. You have your Cappuccino, we on that Cuppa Tea.. Be rude to turn it down, so take it if its free..

Just keep it FRESH, no matter where you be.. X2
(all the ladies in the place put ya hands up, put ya hands up, put ya hands up, put ya hands up, put 'em up, put 'em up, let's go)
You?re so fresh but I want to know if you down 'cause if you are then let your hair down baby I want to know
You're never on time
And music?s on all day
And you be growing them rude-ngati dreads
White on white sneaks and baggy jeans
Got that greenstone around your neck X2
(sing it with me now)
Follow the leader... leader... leader
Follow the leader x 2