

## Express Yourself

## Stretch Arm Strong

A lot of brothers out there been  
Flakin and perpetratin but scared to kick reality

We been doin all this dope producin  
You ain't had a chance to show 'em what time it is

Well what you want me to do?

Express yourself!

I'm expressin with my full capabilities  
And now I'm livin in correctional facilities  
Cause some don't agree with how I do this  
I get straight and meditate like a Buddhist  
I'm droppin flava, my behaviour is hereditary  
But my technique is very necessary  
Blame it on Ice Cube; because he said it gets funky  
When you got a subject and a predicate  
Add it on a dope beat; and it'll make you think  
Some suckers just tickle me pink - to my stomach  
Cause they don't flow like this one  
You know what? I won't hesitate to diss one  
Or two before I'm through, so don't try to sing this  
Some drop science; while I'm droppin english  
Even if Yella, makes it acapella  
I still express, yo, I don't smoke weed or sess  
Cause it's known to give a brother brain damage  
And brain damage on the mic don't manage - NUTHIN  
But makin a sucka and you equal  
Don't be another sequel..

Wooooaaah!

Express Yourself

Now, gettin back to the PG  
That's program, and it's easy  
Dre is back, new jacks are made hollow  
Expressin ain't their subject because they like to follow  
The words, the style, the trend  
Again and again and again - yo, you're on the other end  
Whatch a brother blend dope rhymes, with no help  
There's no fessin or guessin while I'm expressin myself  
It's crazy to see people be  
What society wants them to be, but not me  
Ruthless, is the way to go, they know  
Others say rhymes which fail to be original  
Or they kill where the hip-hop starts  
Forget about the ghetto, and rap for the pop charts  
Some musicians curse at home  
But scared to use profanity when upon the microphone  
Yeah, they want reality, but you will hear none  
They'd rather exaggerate a little fiction  
Some say no to drugs, and take a stand  
But after the show, they go lookin for the "Dopeman"  
Or they ban my group from the radio  
Hear Stretch Arm Strong say, "Hell no!"  
But you know it ain't all about wealth

As long as you make a note to express yourself!

Woooooooah!

Express yourself

Cause if you wanna start to move up the chart  
Then expression is a big part of it (a big part of it)

Expression is a big part of it, a big part of it!

There's a little bit more to show  
I got rhymes in my mind, embedded like an embryo  
Or a lesson - all of 'em expression  
And if you start fessin, I got a Smith and Wesson for ya  
I might ignore your record because it has no bottom  
I get loose in the summer winter spring and autumn  
It's Dre on the mic, gettin physical  
Doin' the job, Stretch Arm Strong is the lynch mob!  
Yes I'ma climb, but you know you need this  
And the knowledge is growin just like a fetus  
Or a tumor, but here is the rumor  
Dre is in the neighborhood and he's up to no good  
When I start expressin myself, Yella, slam it  
Cause if I stay funky like this I'm doin damage  
Or I'ma be too hyped, and need a straight jacket  
I got knowledge, and other suckers lack it  
So, when you see Dre, a DJ on the mic  
Ask what it's like - it's like we're gettin hyped tonight  
Cause if I strike, it ain't for your good health  
But I won't strike if you just..

Express yourself!

Woooooooooooooooooah

Come on and do it  
Come on and do it

Express yourself!