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Yeah G, yeah G
Strydes, 'ay Dirt, we're nice
Ruff Sqwad, E3 Bow
What's good?
Follow (follow)
Follow (follow), follow (follow), follow (follow)
This is the life I follow (follow), follow (follow)
This is the life and this is the life I follow (follow), follow (follow), fo
llow (follow)
This is the life I follow (follow), follow (follow)
This is the life I choose to lead and
Follow (follow), follow (follow), follow (follow)
This is the life I follow (follow), follow (follow), follow (follow)
This is the life I follow (follow), follow (follow)
This is the life and this is the life I follow (follow), follow (follow)
This is the life I choose to lead
I'm, I'm, I'm T Stryder
Look, before the mic ting
I was lurking about with the usual suspects
Back grass, ask anyone, I'm a baller
But now it's a brand new day
Face is bait and my life's in danger
So I keep it goonish soldier
Star in the hood so I'm bursting now, not later
I been about from backer
From day with Kallage and Cancer
On this ting from St Bonaventure's
It's like a man can't hear that
So I take 'em deeper
To the days when man done eaters
Wait, wait, and we wait 'til the moon comes out
Then we ride out, clean up the streets like sweepers
The first doe went halfs with cater
From then it was double the paper
We jack phones on Roman Road
Cut through??? just for the fever
Hit up the connecting Bethnal block
That Slix and I kept scheming, trust that
Had an eye on some badman Avi's
All levelled off with a brand new Prada
And I was like nice on the mic
So I lined up youth clubs, Friday nights
No song, bare hooks I was writing
I was prepared for the open mics
Now look, I'm a little bit older
Surprise, surprise, I'm a household name now
You know me I'm Tinch, I'm Stryder
One look, one hand, true grinder
Follow (follow), follow (follow), follow (follow)
This is the life I follow (follow), follow (follow)
This is the life and this is the life I follow (follow), follow (follow), fo
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This is the life I follow (follow), follow (follow)
This is the life I choose to lead and
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Follow (follow), follow (follow), follow (follow) This is the life I follow (follow), follow (follow), follow (follow) This is the life I follow (follow), follow (follow) This is the life and this is the life I follow (follow), follow (follow) This is the life I choose to lead That was a brand new page and a brand new day I spend most of my time In the studio booth and I spray These lyrics you're hearing, I realised music pays Couz, I'm back to them old school ways Robbing hard with a screwed up face One level trim, no old school fade Title's there and the bling's in place And we still hear gunshots bursting Still see feds in their plain clothes lurking Some go jail, come back, commit the same crime 'Cos a man ain't learning And the OG's, they keep earning Making a paper stack Flip that, move that box in a flash Trust me, them man there keep turning Oh, look, I'm still so clever Said I'd be here like I don't know better And the 'hoods involved with guns and drugs And shit 'cos we know no better Oh, look, I'm a big go getter Stacking hard since Avirex leathers So much style, you can tell by the garms But still look cool in the Avirex leather Oh, Strydes, I'm an E3 goon And it's hurting them that I'm gonna blow soon That's why bare wasteman wanna diss my, diss my But they can't diss my tune This is the life I choose to lead And this is the life I choose to follow (follow), follow (follow) This music path, yep, I try to follow Follow (follow), follow (follow), follow (follow) This is the life I follow (follow), follow (follow) This is the life and this is the life I follow (follow), follow (follow), fo llow (follow) This is the life I follow (follow), follow (follow) This is the life I choose to lead and Follow (follow), follow (follow), follow (follow) This is the life I follow (follow), follow (follow), follow (follow) This is the life I follow (follow), follow (follow)

This is the life and this is the life I follow (follow), follow (follow)

This is the life I choose to lead