Can't touch this Can't touch this Can't touch this Can't touch this

My, my, my music hits me so hard
Makes me say oh my Lord
Thank you for blessing me
With a mind to rhyme and two hyped feet
Feels good when you know you're down
A superdope homeboy from the Oaktown
And I'm known
as such
And this is a beat uh you can't touch

I told you homeboy, can't touch this
Yeah, that's how we livin' and ya know,
can't touch this
Look in my eyes man, can't touch this
Yo let me bust the funky lyrics, you can't touch this

Fresh new kicks and pants
You got it like that now you know wanna dance
So move out of your seat
And get a fly girl and catch this beat
While it's rollin' hold on
Pump a little bit and let them know it's going on
Like that, like that
Cold on a mission so fall on back
Let 'em know that you're too much
And this is a beat uh they can't touch

Yo I told you, can't touch this Why you standing there man, can't touch this Yo sound the bell school is in sucker , can't touch this

Give me a song or rhythm

Making no sweat that's what I'm giving 'em

So now they know

You talk about the Hammer when you're talking 'bout a show

That's hyped and tight

Singers are sweatin' so pass them a wipe

Or a tape to learn

What it's gonna take in the 90's to burn

The charts legit

Either work hard or you might as well quit

That's word because you know Can't touch this
Can't touch this
Break it down!
(Oh-oh-oh-oh-oh-oh-oh-oh)
(Oh-oh-oh-oh-oh-oh-oh)
Stop! Hammer time!

Go with the flow it is said

If you can't move to this then you probably are dead

So wave your hands in the air

Bust a few moves run your fingers through your hair

This is it for a winner

Dance to this and you're gonna get thinner

Now move slide your rump

Just for a minute let's all do the bump

Bump bump bump yeah, you can't touch this
Look man, can't touch this
You'll probably get hyped boy 'cause you know you can't, can't touch this
Ring the bell school's back in, break it down!
(Oh-oh-oh-oh-oh-oh-oh-oh)
(Oh-oh-oh-oh-oh-oh-oh)
Stop! Hammer time!

Can't touch this
Can't touch this
Can't touch this
Break it down!
(Oh-oh-oh-oh-oh-oh-oh-oh)
(Oh-oh-oh-oh-oh-oh-oh)
Stop! Hammer time!

Every time you see me, that Hammer's just so hype
I'm dope on the floor and I'm magic on the mic
Now why would I ever stop doing this
With others makin' records that just don't hit
I toured around the world from London to The Bay
It's Hammer go Hammer MC Hammer Yo Hammer and the rest can go and play

Can't touch this
Can't touch this
Can't touch this
Yea, Can't touch this
I told you, can't touch this
Too hype can't touch this
Get me outta here, you can't touch this