Yeah Paul McKenna on the board
My man Erick Labson on the masterin'
And Young MC on the flows: 52 bars and some hooks
Break it down to ya like this
Cause in the studio I got (flows)
And on the radio I got (flows)
And in the video I got (flows)
In the city, yo, I got
Even kitties know I got

The first verse is the genesis, with no menaces Great for fans and bad news for my nemesis I'll get you into this, make you all see When Young gets on the mic it's like a fait accompli I got flows like the Nile river. I'll make a child shiver I'll make your hands shake and I'll make your smile quiver But keep in mind, if a rapper wanna test I ain't paying for no mics and I ain't cleanin up no mess Cause my rhymes are continuous and they're contiguous Clear, concise and not one bit ambiguous Before you dig you must picture the hole Just like I picture these flows in my soul Cause this is for the hip-hop backers, computer hackers Peace to the international beat jackers Like the Green Bay Packers play ball when it snows That's the way that Young MC got flows. Check it!

Cause in the studio I got (flows)
And on the radio I got (flows)
And in the video I got (flows)
In the city, yo, I got
Even kitties know I got
Men and ladies know I got (flows)
Even their babies know I got (flows)
Cats in Mercedes know I got (flows)
Warren Beatty know I got
When I'm 80 yo I got

My flows have made me very big. It's like a scary gig I keep it clean. I don't come off like a hairy pig My flows are sober so I'm sorry I can't share a swig My flows are air-tight, not broke-down or jerry-rigged Not stationary. Dig the way the people bob their head And some are flippin' cause they're trippin' off the rhyme I said I take my time instead of getting too hype Because the frantic semantics are simply not my type It's a fight on the mic. When I'm rhymin' I tussle Like broncs at a rodeo, the rhymes that I rustle Get people all dancin' a phenomenal hustle And Judd Dunning helps me work on my abdominal muscles See nominal trust'll have you listening twice Like kids do with their parents when they're given advice Nice college athletes that graduate to the pros That's the way that Young MC got flows. Check it!

Cause in the studio I got (flows) And on the radio I got (flows)

And in the video I got (flows)
In the city, yo, I got
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Even their babies know I got (flows)
Cats in Mercedes know I got (flows)
Warren Beatty know I got
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These rappers now-a-day-n, I'm thinkin' that they're just playin' They're rockin' the mic hellaquick but I can't understand a word they're sayin' So I'm-a lead the way in and let them know the time Like you crawl before you walk, you'd best to speak before you rhyme See I had to drop a dime. Booty rappin' is a crime Practice once, twice, three time, four time, all the way to nine When the flow is goin' fine hit the studio. Drop your line So when people by your record they don't think it's a waste of time See time is money so I keep it on schedule Write it all down, keep the handwriting legible Money legit, corporate individual Clock my cheese from royalties and residuals See here's my thesis, intellect increases Stay old time and make whole rhymes from pieces Turn 'em into songs for my record releases And move people with my mind just like telekinesis Now lyrics, when I write 'em, suckers try to bite 'em It happens to me every day ad infinitum And fans, I excite 'em when I'm doin' my shows That's the way that Young MC got flows. Check it!

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