

## Vita

### "Body Movin'"

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Chorus:

Body movin, body movin,  
A1 sound, sound so soothing  
Body movin, body movin,  
We be getting down and you know we're Krush Groovin

Let me get some action from the back section  
We need body rocking not perfection  
Let your back bone flip but don't slip a disc  
Let your spine unwind just take a risk  
I wanna do the freak until the break of dawn  
Tell me party people is that so wrong  
The ship is docking, inter-lockin  
And up-rockin electro-shocking  
We're getting down computer action  
Do the robotic satisfaction  
All of y'all get off the wall  
Have a ball and get involved with

Chorus

Flame on, I'm gone  
I'm so sweet like a nice bon bon  
Came out rapping when I was born  
Mom said rock it 'til the break of dawn  
Puttin bodies in motion cause I got the notion  
Like Roy Cormier with the coconut lotion  
The sound of the music drivin you insane  
You can't explain to people this type of mind frame  
Like a bottle of Chateau Neuf Du Pap  
I'm fine like wine when I start to rap  
We need body rockin not perfection  
Let me get some action from the back section

Chorus

Mike D with the master plan  
Ooh my my and thank you ma'am  
And when I grab the mic you scream 'Ooh, god damn'  
The creme de la creme is who I am  
MCA where have you been

Packed like sardines in the tin  
So kick off your shoes and put on your swim fins  
Cause when it comes to quarries I'm known to swim  
Adrock light up the place  
And if you pull my card you pull the ace  
And if you ask me turn up the bass  
And if you play defender I could be your hyper space

Chorus

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