

## **Beastie Boys**

# **"Nonstop Disco Powerpack"**

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Well how you feelin' Ad Rock? Well I'm feelin' well  
Bonafide, qualified, with a story to tell  
Well how feelin' Mike D? Well I feel all good  
All day is how we play in the neighborhood

Well how you feelin' MCA? Well I feel right  
I swing my words on the track 'cause the track sound  
tight  
So if you're feelin' good and you're feelin' right  
Uh, somebody step up and grab the mic

Well hello everybody and how you been?  
It's Ad Rock rappin' on the microphone again  
I got grace, class, style, finesse and debonaire  
Murderize motherfuckers 'cause I just don't care

The MC whisperer, kinda like a trainer  
I take sucker rappers, I put 'em through a strainer  
Like macaroni 'cause the shit sound cheesy  
Watch how it's done boy, it looks easy

The nonstop, goin' off, kingpin, microphone boss  
Do my own thing, you can't afford the cost  
Of my fly styles that complete the turnstile  
'Cause it's live and direct, and I'm wiggidy wild

Now put you back on the floor, I got total control  
I flow like the water out your toilet bowls  
Your style is cheap boy, just like the Dutch  
You know you're not smokin' on the microphone much

There's a certain special talent that I never lack  
Ha-ha! And that's a fact  
'Cause we shine like the chrome on a Cadillac  
You better break a wishbone 'cause we never waxin'

Then we never that, and that is that  
And we're the nonstop disco powerpack  
Uh, that's right, we go all night  
Who gonna be next to bless the mic?

Now this is the way we run it down

We're gettin' you high on the funky sound  
This is the way we get it on  
B-Boys in the house 'til the break of dawn

See I mix my style up like a cement mixer  
Smooth'll fix ya like a rhyme elixir  
Hey yo yo soundman, make Mike's mic louder  
Don't make me sound cheap like a box of douche  
powder

I'll max and relax, champagne, no ego  
Don't go commando, don't know bandito  
Je m'appelle Michel, Paris nord  
We were born in the chateau, we got it goin' on

Quincy's in the hot tub like it's '73  
Lookin' over his shoulder and he's lookin' at me  
I'm up right in the face, towel around my waist  
What's up with that watch inside the glass case?  
I go to make my move, sneak out the place  
Undetected, not leavin' a trace

Party's done, microphone track  
Rhyme's been jumped, and head's been checked  
I see one last profiterol, I make my play  
And pass the microphone to MCA

Nonstop, from the top  
When you clock, then we rock  
Them not kickin', them not stickin', we be makin' hip  
hop  
So c'mon everybody get down

Now there's a spot check, get the deck count down  
'Cause I'ma break it down for ya how we burn it down  
Pound for pound, keep the basslines round  
See you watchin', clockin', jockin' my sound

Before I got big I grew up with hip hop  
Still got mad love for a record called Beat Rock  
It mean a lot spinnin' on my Walkman  
Shout out to the Afrika Bam'

And to the X to the P the double-O-N-Y  
The one MC, who you can't deny  
At least he threw me records that made heads fly  
Sit down to write and the pen blazed fire

Construct a rhyme with specific intent  
Flippin' all the braincells right to the pen  
And then I put the root down when I pull the mic

Words flowin' so cold, turn water to ice

Come through the wire such a break to tape  
You put me in the mix like set up at the plate  
And then they press it on wax, sell it in the store  
The DJ's spin it, kick it out on the dancefloor  
Comin' through the speaker to shake your eardrum  
Braincells get with it make you hear where we're from

Ad Rock, huh, get it on  
We gonna rock the house until the break of dawn  
Now Mike D, huh, get it on  
We gonna rock the house until the break of dawn  
And MCA, yeah, get it on  
We gonna rock the house until the break of dawn  
Beastie Boys in the house, don't stop

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