

## **Benny Spellman**

### **"Welcome To The Roc"**

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Rochester New York  
Home of the brave  
Where shook ones get put in comas and graves  
It's real in the ROC  
Mamas ride and clap at ya  
How you think we got most homicides per capita?

ROC town is real  
If you flashin' Canons like Kodak know that is founded  
here  
Like the Eastman House, Xerox, Bauch and Lomb  
Top 20 of the cities where they drop a bomb  
A city thats down to earth  
Where clowns get merc'd  
Not all glitz and glittery but rich in history  
Many slaves be pickin' they locks to get to the ROC  
One of the underground railroad's pivotal stops

Where the sky is the limit no room for a canopy  
Home of Fredrick Douglas and Susan B. Anthony  
Reppin' my town, my rest and my fort  
Where I laugh love and live,  
Rochester New York

They hate jake at Chase Cake  
Rochester New York  
It ain't safe in upstate  
Rochester New York  
The betters playin' dice for keeps  
Rochester New York  
The weather change twice a week  
Rochester New York  
It's the 585  
Rochester New York  
I'm just tryin' stay alive  
Rochester New York  
Rochester I'll rep ya 'till all of my breaths gone  
NY never sleeps  
ROC city gets slept on

Yo you on vacation

Prepared for a break?  
Got dough?  
Head to Six Flags Darien Lake  
NY's coaster capital  
But you need g's  
So if you strappin' cash  
Head over to Seabreeze  
My mall is Greece Ridge  
We got Marketplace and Eastview  
Irondequiot's for you  
If you are afraid of people

We built the Erie Canal  
The ferry to Toronto  
And the Genesees in the  
Same league as the Nile  
We not known for caviar  
And steak  
But a chef  
That can touch Tahoes  
With his Garbage plate

Got sports of all sorts  
The ROC has it all  
Whether soccer hockey footbase  
Or basketball  
You can check the record books for  
The Royals and the Amerks  
And we got the Rhinos, Redwings and the Rattlers

Reppin' my city, my rest and my fort  
Where I laugh love and live,  
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Yo you got O block

My part of town  
Where niggas is spark  
To split when the pows around  
And I'll laugh with the  
Evening of life  
You guaranteed to see  
The ugliest prostitutes  
You've seen in your life

Them Hudson boys  
Click the body kits  
And clap for no reason  
Like an in sync audience  
Ricans want Clinton  
Niggas just don't know  
That's what all of the street signs  
Are in espangol

The eastside is all frolick and foe  
Keep needin' the coke  
That's why they catch more  
Bodies than colds  
In the west if theres beef  
Then the heat is gonna sizzle  
When you can't trust niggas  
You meet when you was little  
Cause life is like golf and thats word  
The mean niggas only worry bout  
Gettin birds and greens

That's how it is in my city, my rest and my fort  
Where I laugh love and live,  
Rochester New York

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(x2)

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