

## Heavy D & The Boyz "Keep It Goin'"

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"And I am MC Heavy D." {\*scratched 3X\*}

(Heavy D)

The Heavster, measure the pleasure then treasure the  
note

that I wrote, and you can quote, flow like I row like a  
boat

Takin a stand, don't need a hand

The man in command did Soul Train, next American  
BAND-stand

An Overweight Lover discover, no other brother can  
smother

If I ever fell I'd bounce back like rubber

I'm rough and tough, all that stuff, call my bluff

You can't enough of Mr. Big Stuff, let it flow

"And I am MC Heavy D." {\*scratched\*}

Let it flow. let it flow.

"And I am MC Heavy D." {\*scratched\*}

Let it flow.

You get your rhyme from a hag bag, you thief from  
Baghdad

You're soft as a sandbag, throw your rhyme in a Glad  
bag

The way that you act like, as if you had mic fright  
It seem that you're not bright, now I'ma do it right

Get used to a back mark, Lover my trademark

You're just like a hush puppy - no bite, all bark

You move when I say so, I flow when the wind blows

While I'm rippin and strippin you be peakin through a  
window

Definitely for action, voted for Jesse Jackson

Instead of laggin we coulda been passin

Eddie F on the fade mix, the Boyz with the dance tricks

Dre with the management, Heav' D with the lyrics

Who said that I ain't dope, you're walkin a tightrope

You're livin for high hopes, I wonder what you smoke

Didn't come here to tip-toe, I came here to rip so

grab your partner, dosey-dos. and let it flow

"And I am MC Heavy D." {\*scratched\*}

Let it flow. let it flow.

"And I am MC Heavy D." { \*scratched\* }

Let it flow. Eddie F, breakdown!

{ \*scratching: "DJ Eddie F"\* }

Breakdown, break down like this!

{ \*scratching: "DJ Eddie F"\* }

"And I am MC Heavy D." { \*scratched\* }

"And I am MC Heavy D." { \*scratched\* }

All rappers we remain the same, we try, we strain  
But still some complain about the fame that we obtain  
But I'ma refrain it's insane cause I'ma still gain  
You want what's good, but can you stand the rain?  
We think hard for what we want, then work harder to  
get it  
But you're too busy tryin to diss us, that's why you  
forget it  
Appreciate what you did, and I hope you keep doin it  
But stop riffin, because you just might ruin it  
For me, for you, for you and for me  
Two wrongs never make a right let's keep good  
company  
You're welcome any night to come on my stage  
because divided we fall, together we get PAID

"And I am MC Heavy D." { \*scratched\* }

So, let it flow. G-Wiz let it flow

"And I am MC Heavy D." { \*scratched\* }

T-Roy it flow, Pete Rock let it flow

D.O. let it flow, Nick T let it flow

Eddie F let it flow.

{ \*scratches by Eddie F to end\* }

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