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K.c. And The Sunshine Band ''Keep Keepin' On''

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Uh-huh, uh.. Yeah, yeah, yo, S-Double.. Yo, yo, yo

[Chorus: Shabaam + The Honorable] I want y'all to keep movin Keep livin ya life, and keep workin Keep hustlin hard, and keep strivin Keep holdin it down, and survivin Keep raisin ya kids, and keep vibin Keep makin that music, and keep ridin Keep being yourself, and don't hide in Cuz the real shit is what we providin

[Shabaam Sahdeeq] Yeah, yeah

For life, I live what I spit and spit what I live Believe in God, he gon' deliver me just in time When I rhyme I travel galaxies, warp speed, went the time

Light years with the mind, gotta get mine YEAH, and I been everywhere around the world and back again

and ain't no street or town, never trap me down again And I been at the peak and then came down again and anything I've done, I could do it again And if the papers lag, we catch 'em like freeze tag Stick 'em for that work or snatch that coach bag

I know it sounds bad but damn we gotta eat And the pressure of life got me slumped down in the seat

with heat, while them crabs in the barrel tryna bring us down

They don't wanna see us rise, they got hate in they eyes

They got our name on they tongue like they knew us for years

Like they been there, through the pain, sweat, and tears

[Chorus]

[The Honorable] It's like abbreviatin my life; I'm skeptical In this situation here, I hope God can help me through You see this poetry'll leave you lonely And at the same time come back be your only, friend there is It's like a never ending battle, a fight to live In the streets we all know that the time is near So everybody please, would you stop and listen To a final countdown and it's fact or fiction A reniassance of our turbullision So every person in the world can slowly feel our tension And shall never see a white flag throughout this mission A true soldier keep his heart in it till it's finished 100%, like melodies can seperate long-evity The sun may be shinin but the ice is still slippery Just another jewel from a O.G., and takin that advice wisely

[Chorus] 3x

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