

Run-d.m.c.

"Slow And Low"

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[The song was originally written and recorded by Run-DMC. Later recorded and released by the Beastie Boys on their debut album.]

Let it flow - let yourself go
Slow and low - that is the tempo
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Slow and low - that is the tempo

It's never old school, all brand new
So everybody catch, the boog-a-loo flu
It's not like a fever, not like a cold
The beats are clear, the rhymes are bold
So don't see a doctor or see a nurse
Just listen to the music, 'cause first things first
First of all, get off the wall
It's time to party so have a ball
We slowed it on down, so get on up
Like a volcano I'll erupt
We got determination, bass and highs
I see real well because I've got four eyes
What you see is what you get
And you ain't seen nothing yet

Let it flow - let yourself go
Slow and low - that is the tempo

I do not sing, but I make a song
You'll live your whole life, and I hope you'll live long
On the Gong Show we won't get gonged
It's Run-DMC, not Cheech and Chong
Strong as an ox, fresh out the box
The crowd is so loud, they're coming in flocks
And when we go on, the crowd goes off
It's all hard rock, there's nothing soft

Let it flow - let yourself go
Slow and low - that is the tempo

We won't only rock the house, but we'll house the rock
We won't stroll, but we'll roll straight to the top

We're Run-DMC, and Jay makes three
The baddest B-Boys in history
When I'm recorded, you'll be rewarded
You know my song is great, 'cause you're all
applauding
Not PCP or LSD, just DMC in the place to be
There's nothing free, you must pay a fee
Cash on delivery like a C.O.D.

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The beat is slow in order to dance
We wanna hear I dos, and no I can'ts
First you move your legs, and then your arms
It's not fast and nervous, this dance is calm
It's truly stable and you ought to be able
To dance to the record when it's on the turntable

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