

Ad "Updown"

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Chorus)

Up and down

Up and down

Round and round

WeÂ're crazy

Up and down (You canÂ't take me down)

Up and down (I wonÂ't stay down)

Round and round

YouÂ're crazy

(Up down, down up)

(Verse)

When I downsize my sleep

And I download the beat

And I downplay the streets

When I throw down your heat

IÂ'm just chasing pounds

No point in looking down

I splash downstairs

Then I dash downtown

Or itÂ's the Dunstable downs (yep)

ItÂ's going down

When I run through the town (you know)

Give me my crown

And IÂ'm downcast

When they treat me like an outcast

(Downtime) guess IÂ'm just down and out

Had a down ass miss

And no I arenÂ't get no kisses (oh no)

I arenÂ't make the hit list (no)

I was on the wish list (no)

A down low sister and how she got me downhearted

Since the day I departed, IÂ've been down in love

Like and artist

Started real good, then it went downhill

Down here if youÂ're good

You living down mill hill

You thinking downward

You down start, down south

DonÂ't slouch blood

When youÂ're down but you donÂ't stop (never)

(Chorus)

(Verse 2)

Up we go, yea we're going uptown
To the upscale life, coming from the underground
Got to get up, I can't upstage me
Uncage the upheaval and step it up to like 80
This uppity brother got a problem with upbeats
Upload the sheets
It seems I'm up a piece
It's typical beef, like POW, up your speed
That's 2003 to me, now get this
Up the block, by the shop, there's a cop cutting locks
(That's dread) you can't even shot Nike shox
By the bus stop, you either shot or getting stopped
Up this way it's up yours or not yours
Up till 04's I couldn't get the doors
Now DSP get high shows like we're billing up on tour
Yea, it's A/D, Milton Keynes to Northants
Luton, Essex, London, Up and down it's your chance.

(Chorus)

[Guitar solo]

Around the same time, next girl told me I was common
My life moved up and by chance I met Common
Spit @ Vocool Lounge with J.O
Around 04 NN5 became two
I met this girl from around the way
Around the same time, beats sell I start to get paid
In a roundabout way moved on to Leigh-On-sea
Girls all around, skinny round, I'm surround
The team got stronger
Eric, Lona, and Dom
Matt came thru, plus Stric, Joe and Rum
Rap nice and he's cold as ice
Markotix got it on (yea he's nice as rice)
Round up the crew, the boys bout to blew
Dreamstate just grew
You wound up? I cloak you
Say a prayer, get out your bibles
Round it all up like I'm your thirteenth disciple (the
Judas)

(Chorus)

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