

Promise Of Redemption

"Fit You Haffe Fit"

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Chorus1

To get a hit you haffi fit, you haffi fit-it fit-it fit

Fit

To get a hit you haffi fit, you haffi fit-it fit-it fit

Fit

To hit the charts you gotta smart smart-art smart-art

Smart smart

To hit the charts you gotta smart smart-art smart-art

Smart smart...

Bridge:

In the morning as I rise put on my tracksuit and

Exercise

Me wan'fe fit me wan'fe fit -it fit-it fit fit

Walk on the road me nah trouble no one

Me nah eat no steak, me nah eat no ham

Grandma grew me as a vegetarian, music is my

Occupation...

Verse1:

Go inna de field dig some yam

Pick some corn use it make a sham

Schoolpickney come and get it fe nyam

Started to sing oh what a bam bam...

Chorus 2:

Look how me big, look how me strong

Say me must live long

Look how me big, look how me strong

Me a vegeterian (listen the song)

Verse 2:

New day, nottin changed - war on the tv and the front

Page

Still killin', poverty same. I don't want no part of

The game

No! stockmarket droppin' again

Businessmen still poppin' champagne

Want your money back! They're not gonna pay

- Freedom fighters lock'em away

No joke, it's time we focus

Through the bad times work out jump rope it
Feels hopeless, but it ain't over
Till the fat bitch sings, so we gotta choke her

Metaphore - get shit out of your system!
Never pork get shit out my kitchen
Vegetables they all in the mix and
To the chorus y'all better listen!

Chorus 2

Look how me big, look how me strong
Say me must live long (in Babylon)
No animal inna mi pan, no. Me strictly vegan

Chorus 1

Verse 3:

While you pumpin' your breaks I'm runnin' away
No escape, but my hunger is great
Aah, the people lovin' the way
I rub a dub and numbin' the pain
Oh! From Modern day to the Struggle tape
My music overthrow the government
The distance long, resistance strong
Head on with the business it's on
Push up, sit up - What's up, get up
Lot of things that we gotta get rid of
Bust up, live up - Go go, big up!
All my people that's not gonna give up
Everything's connected from your mental health to
your
Physical
Eat good, work out, each one teach one, send for help
And get busy y'all...

Chorus 2/ Chorus 1

Bridge

Verse 4:

Use my money buy foo dand place
Nah use my money bout me a freebase
Don't want my pants drop off from my waiste
Don't wan feel high like me out of space
No man a come and cut out my throat
Tek my chain and go pop big sport
Him and him gal gon' sniff nuff coke
Laugh and a tek that fe big joke

