

Boys Beastie

"Slow and Low"

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chorus) Let it flow - let yourself go

Slow and low - that is the tempo

It's never old school - all brand new

So everybody catch - the bugaloo flu

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 - first things first

First of all - get off the wall

It's time to party so have a ball

Because we slowed it on down - so get the hell up

Like a volcano I'll erupt

We got determination - bass and highs

White Castle fries only come in one size

What you see is what you get

And you ain't seen - nothing yet

(repeat chorus)

I do not sing - but I make a Def song

You could live your whole life - and I hope you live long

On the Gong Show we won't get gonged

We're the Beastie Boys - not Cheech and Chong

Strong as an ox - fresh out the box

The crowd is so live - they're coming in flocks

And when we go on - the crowd goes off

It's all hard rock - there's nothing soft

(repeat chorus)

We don't only rock the house but we'll house we rock

We don't stroll but we roll straight to the top

M.C.A., Adrock, Mike D. makes three

And we can do it like this in the place to be

When I'm recorded - you'll be rewarded

I know my song is Def 'cause you all applauded

Not P.C.P. or L.S.D. - just me Mike D. in the place to be

This is not free - you must pay a fee

Cash on delivery like a C.O.D.

(repeat chorus)

The beat is slow in order to dance

I wanna hear I dos and no I can't

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

(repeat chorus)

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