

## **Fred Rai**

### **"Keep it Movin'"**

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[Chorus: Champ]

Playas keep it movin', waste no time, waste no time  
Keep it movin', baby, movin' all night

[Ill Knob]

Yo, shorty's ride the shaft, Knob-a-ra ain't for bluffin'  
I ain't had enough of nothin', so what you buffin'  
I stay drinkin', breath stinkin', fuck all that fantasy  
Half is Alaze, the other half is Hennessey  
You feelin' me, I'm feelin' you too  
You got stash and pizzazz, baby, and I bet your flavor's  
raspberry  
Let's take it back to the telly, so you can feel the  
raspberry jelly  
As I rub it on your belly, exotica, erotica, who's a  
sapricotica?  
Shottin' your, everything I want, is what you got in your

[Trigg'nommm]

If I tell you I don't love you, then you catch a fit  
If I tell you I still love you, then you wanna get lick  
Trigg'nommm, donna don, twelve twat like batons  
Move smooth like the Fonz, stay focused  
Life's ferocious, at times I feel hopeless  
Through the power you judge, keep a black man  
nourished  
Worth more than treasures, and all forms of pleasures  
Drastic measures, wish you had that, stay clever  
You here to legalize loyalty, whatever, man  
I'm feelin' you, eye to eye, sizin' up the real in you  
Reign bring pain, no gain if I ain't healin' you  
Flame it on the ill in you, claim me when you stealin'  
you  
It's your world, ma, it's the mentals I want  
Wish you had that, I wanna head hunt, protect ya

[Champ]

Now ya'll can tell me, who's the mack of all on  
The Champion, lay back to the mats and the front  
This ill thug, like the flip shit wherever I be  
For the Boogie Down Bronx to the Q.B.C.

To the red light, to the green light, to the 1, 2, 3  
Like S.W.V., get you weak in the knees  
I'm on a roll, out for the kill, make you jump like Dru Hill  
Touch me, if you want, never, you locked up  
You need a fist, get bruised, and black and blue'd the  
fuck up  
You need to touch up, follow my team and get lead to  
blow the fuck up  
Blow the fuck up, blow the fuck up

[Chorus: Champ]

Playas keep it movin', waste no time, waste no time  
Keep it movin', baby, movin' all night  
Playas keep it groovin', waste no time, groove it right  
Keep it grovin', ladies, groove it all night

[Itchy Finga-Sha]

Shorty plump plump, with the biggie rump rump  
Make the infer wanna hit me, huh, huh, huh  
Exchange friction, conversation got her drawers up  
You pussy fuck 'em, she was hold when he was knowin'  
Uncomfortable dims, get my props up to the ceiling  
Exchange combo's, and oh what a feeling  
Too late you can't escape the wait, available for the  
weak or great  
Collect some inner strength, next round, another four  
left  
Status is me on defense, I guess that's just my  
sequence  
Quick shift by, and four gas V.I.P.  
Six feet to R.I.P., rollin' wit The Massive  
The Massive, The Massive, The Massive, what, what

[J-Boo]

Who keeps it hot, who keeps it locked  
Who blowin' spots, since the red bees blastin' through  
your block  
Got you, pressure risin', body leakin'  
My team is shitty, I got you stinkin', no time for blinkin'  
Cash Rules, that's why I got fools to pack tools  
Diamond jewels, or brown star quality shoes  
I'm makin' moves on 'em, a platinum team gettin' ruled  
on 'em  
Protect Ya Neck, Massive style, spit and drool on 'em  
Drop a stool on 'em, what

[Naisha]

Once again up and bang this, nothin' changes  
Feet or hands to the world, with my language  
We be on a rapper famous, ill brothers givin' brain  
damage

Hittin' horror, be with slammin' harder than a hammer  
Jump on rope, plus I slam you, with my boxing  
I be rockin', pro girls stomp it  
Always under siege, swingin' for a hip hopper  
Then I bring 'em on top, so you know my shit is  
proper  
Hit you like that lah, have you open like an opera  
All ya'll fake rappers after '98, I stop you  
Drop you, darkness like Outer Limits  
To defeat the devil, cause he wasn't on my level,  
lyrically

[Chorus 2X]

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