

## Harold & Kumar Escape From Guantanamo Bay Movie

### "Check Yo Self"

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Song by Ice Cube

Chorus:

So come on and chick-ity-check yo self before you  
wreck yo self

You betta check yo self for you wreck yo self  
Cause Im bad for your health  
I come real stealth  
Droppin bombs on ya moms, fuck car alarms  
Do without one mother nigga wit yo alpine  
Sold it for six-o, always let tricks know  
And friends know, we got that indoe  
Yo Im not a sucka, sittin in a house of pain  
And no Im not the butler, Ill cut ya  
Head-butt ya, you say you cant touch this  
And I wouldnt touch ya, punk motherfucker  
Here to let you know boy, oh boy  
I make dough, but dont call me dough-boy  
This aint no fuckin picture  
A guy or bitch-a, my nigga get wit ya  
And hit ya, makin they yack to the neck  
So you better run a check

Chorus

Tricks wanna step to cube and then they get played  
Cause they bitch may pullin out a switchblade  
Thats kinda trifle, cause thats a knife-o ak-47, assault  
rifle  
Hold the fifty, Im nifty now, [watch out now]  
I hate motherfuckers claimin that they foldin bank  
But steady talkin shit in the holdin tank  
First you wanna step to me, now your ass screamin for  
the deputy  
They send you to charlie-baker-denver row, now the  
runnin up in ya slow  
Youre god, used to be the don juan, now your name is  
just twan  
Switch it, snap it, rollin your eyes and neck, you better  
run a check

Chorus

Big dicks in ya ass is bad for your health

If youre foul you better run a make on that license  
plate you coulda had a v8  
Instead of a trey-eight slug to ya cranium  
I got six and Im aimin em  
Will I bus or keep you guessin  
Cause fuck you and that shit ya stressin  
Bitch, get off the wood, you no good  
There goes the neighborhood hooker  
Go ahead and keep your drawers  
Givin up the claps and who needs applause at a  
Time like this, pop ya coochie and ya dead  
Bitch is a miami hurricane head  
Sprung, niggas call her lips and lungs  
Nappy dugout, get the fuck out  
Cause women like you gets no respect  
Bitch, you better run a check

Chorus

Cause bitches like you is bad for my health  
Cause the lench mob is bad for ya health

Nine-trey, remix, old school tip, yeah  
Its like a jungle sometimes it makes me wonder how I  
keep from goin under

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