

## **Jamie O'Neal F/ Mark Wills**

### **"Lone Catalysts"**

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[ CHORUS: J. Sands ]

Yo, it's the Lone to the Cata, Cata to the -lysts  
Yo, I'm just a solo MC, it's like this  
Rawls makes the beats that make you shake your hips  
Lone to the Cata, Cata to the -lysts  
Yo, Lone to the Cata, Cata to the -lysts  
Experimentin with styles like scientists  
No matter what your name is, you can still get dissed  
Cause it's the Lone to the Cata, Cata to the -lysts

[ VERSE 1: J. Sands ]

Yo, it all began around '84, snatchin candy out the bus  
store  
Now&Later;, Lemonheads, then we fled through  
backyards  
Duckin police, shorties were trackstars  
Hoppin fences, dividin candy on the benches  
Is what we did, ???? jocks and color tube socks  
Huffies were the shit, I pop a Willie and go two blocks  
Easy, without fallin, Stevie took his ball when  
We did pick him for hoopin, 21 Chicago  
I rocked 33, I was Kareem without the goggles  
Ridin skateboards downhill made wheels wobble  
The fast life, niggas get stuck with broken bottles  
My cousin Pablo got bagged for coke and wrote a novel  
Saturday, put the tape in the radio  
So I could dub the latest from Flash and Kurtis Blow  
From 'The Breaks' to 'The Message' I learned every  
word  
Yo check it, I'm in the shower rockin rhymes butt-naked  
The birth of a MC at the age of 13  
Right before crack turned dimes to burnt fiends  
Hip-hop was like the beatuy in the Jet magazine  
Had me open, addicted to rap like chain smokin  
Writin rhymes everywhere I went, havin older cats bent  
Sayin shortie 13 will represent  
So realize this wasn't just a one-night stand  
Cause I seduce ears infinitely once rhymes land  
Nowadays LP's just might have one nice jam, and a  
remix  
But 85 is just too blind to see this

I didn't plan to be this, I was mathematically implanted  
in time  
With a ??? wind  
Yo, is you with me? Cause Babylon be always out to get  
we  
The black cops about 50-50

[ CHORUS ]

[ VERSE 2: J. Sands ]

Aiyo, a lotta cats can only see the bad in rap  
Matter of fact, they only focus on what it lacks  
Yeah, I know about the frontin MC's, and yeah, they  
wack  
Plus the jokers who be makin the tracks, but check it,  
black  
Politickin ain't gon' take nothin back, so keep it movin  
Be a contribution to hip hop, that's what we're losin  
Let the seeds know about Soulsonic, Mantronix  
Rock Steady, Fab Five Freddy, Busy Bee, Moe Dee  
And how BDP taught 'Poetry'  
Plus we can't forget the DJ's and graffiti  
If you agree, then please proceed to follow me  
I take you through dimensions, just lend me your  
attention  
So you can make your own comprehension of what I  
mention  
See, knowledge is power, wisdom's used as the  
extension  
To make the understanding more clearer is my  
intention  
So head's gon' be left out hangin in suspension like a  
lynchin  
A lotta cats rhymes' are full of tension  
Can't even walk the block without the bodyguards and  
henchmen  
Paranoid and always flinchin, even your crew talkin  
dissentient  
They see the 'masquerade' like George Benson  
Lone Catalysts, strategists of the new world  
I used to love H.E.R. too, but now I'm focused in on you  
Cause you will be the one who takes us to the next  
millennium  
The Most High controls the universe like a pendulum  
Swingin back and forth, forth and back and forth  
Balancin nine planets on a circular course  
There's no remorse, MC's need to carry the weight  
And bury the hate, and realize these are serious stakes  
No time to waste, cause we're livin in a high-tech state  
So listen close, so there won't be no debate

[ CHORUS ]

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