

## **Notorious B.I.G. F/ Too \$hort**

### **"Bowel Movement"**

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{\*a parody of Eric B. & Rakim's song "Move the Crowd"\*}

Standing in my bedroom suddenly I had this  
Feeling like I ate an anvil and had to pass it  
So I just can't stand around  
So I start running and the faster I run the harder it  
pounds  
I break down the bathroom door, drop my drawers to  
the floor  
Was pushing so hard that my teeth were sore  
The veins are bulging out of my head  
And I'm thinking out loud to myself and I said  
How can I move my bowels?  
First of all, I better get more paper towels  
It's the distruction of my bathroom  
I'm constipated, a disaster  
So I start poppin' ExLax like M&Ms;  
I put the dog outside and warned all my friends  
Is this the most that I can eat?  
'Cause if not, I may have to wait another week  
But don't make me wait too long 'cause it's been at  
least a month  
Since I was last on the john  
So I open the lid and grumble and growl  
'Cause I got to move my bowels

Imagine me with a leak like the Exxon Valdeez  
It's the smell that's making me wheeze  
A garden hose doesn't have this much power  
I'm splashing so much it sounds like I'm in the shower  
My lower intestines, they growl like a jaguar  
Everything inside falls out like Niagara  
Polluting the air is so much fun  
Now I'm on the john, the neighborhood is on the run  
For those that know me I often blow their mind  
Because they know I go for days at a time  
I've seen magicians who can pull hankerchiefs out their  
hand  
But can they pull out toilet paper like I can?  
It's an incredible size, doesn't fit through my thighs

And it's burning my eyes and attracting the flies  
But I'm-a keep going till the EPA calls out  
My butt producing lots of nuclear fallout  
With odor itself there's nothing I can't melt  
For miles around the vibrations are felt  
This is dangerous stuff it's not a bluff it's been proven  
Indeed I think I need to make my bowels keep moving

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