

Notorious B.I.G. F/ Too \$hort "PMS"

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{*a parody of Naughty By Nature's song "O.P.P."*}

P.M.S., I just can't take it, it's like an earthquake
It takes over her emotions and then breaks it
P is for Pre, M is for Menstrual intervening
The final S has a lot of different meanings
They call it Syndrome but the women say another thing
They often say that it stands for Suffering
But from a male point of view it seems that this will
never quit
We say it simply stands for Shit, bust it
Ya ever met a girl you wanna take out on a date?
You get her name and number then go pick her up at 8
You both have fun so you don't want this night with her
to end
Then when it does you're makin' plans to go see her
again
You're not expecting B to the I to the T to the C to the H
But when she opens up the door she slaps you in the
face
'Cause you were just a minute late she flips and thinks
you're cheatin'
Looks down at your groin then proceeds to kick it
How many guys out there have been through what I just
explained?
You're nice to her but go home in excruciating pain?
Well if you have that's P.M.S. and you're now down with
it
But if you haven't stay away from it

[Chorus]

Ya down wit' P.M.S.? Yeah you know us!
Ya down wit' P.M.S.? Yeah you know us!
Ya down wit' P.M.S.? Yeah you know us!
Who's down wit' P.M.S.? Every last one of us!

Often ladies with P.M.S go on a rampage
You bes' get out of their way before you get damaged
Bug it's normal, the calm that comes right before the
storm
Just like a werewolf, every month they transform

I won't get into that, I'll play it sorta wise but
Ya know what bothers me? Hmmm, advertisements
Here she comes again... (scream)... get the hell
Away from me, now tell me exactly
Have you ever watched a tv show you like and then an
ad comes on
You're watchin' football and the ad is for a new tampon
Or see a mother and a daughter say they feel fresh
You'd think the guy was havin' trouble with his P.M.S
Do these commercials hit their mark? Ya know I kinda
doubt it
When guys watch football, P.M.S., don't wanna hear
about it
It's like the Hair Club ads you see on the Headbanger's
Ball
The kids who watch that have got hair that stretches
wall to wall
If you agree with me and are stick of this I wanna know
Say "P.M.S." ("P.M.S!") get off my TV show!
Now when you say it say it loud and get your point
accross
You're now down with a discharge

[Chorus]

Life, P.M.S. and me, I met a girlie who was sweet
But she turned me into pulverized meat
It was the third time I saw her when all the trouble
started
She tried to kill me in my very own apartment, bust it
I don't know how it happened but she said I hurt her
feelings
And then the next thing that I knew she threw me
through the ceiling
She grabbed a sledgehammer and then she came
right after me
She made me feel liek the writer trapped in Misery
I tried to leave but couldn't leave because of what
she'd do
She dragged me up atop the stairs and down the stairs
I flew
She said I shouldn't come to visit when she's P.M.S.-ed
She never told me when it happened so I missed my
guess
I didn't know this girl had cramps that didn't want to
quit
She backed me up against the wall and then she hit
and hit
That's rule #1 when this P.M.S. makes her a beast
Just stay the hell away and you may get out in one
piece

Pathetic isn't it I wish that I'd be missin' it
But I'm always at home when P.M.S. comes over visitin'
This is the way that it's always been
Oh my God here comes P.M.S. again

[Chorus]

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