

# A/D, Updown

(Chorus)

Up and down

Up and down

Round and round

We're crazy

Up and down (You can't take me down)

Up and down (I won't stay down)

Round and round

You're crazy

(Up down, down up)

(Verse)

When I downsize my sleep

And I download the beat

And I downplay the streets

When I throw down your heat

I'm just chasing pounds

No point in looking down

I splash downstairs

Then I dash downtown

Or it's the Dunstable downs (yep)

It's going down

When I run through the town (you know)

Give me my crown

And I'm downcast

When they treat me like an outcast

(Downtime) guess I'm just down and out

Had a down ass miss

And no I aren't get no kisses (oh no)

I aren't make the hit list (no)

I was on the wish list (no)

A down low sister and how she got me downhearted

Since the day I departed, I've been down in love

Like an artist

Started real good, then it went downhill

Down here if you're good

You living down mill hill

You thinking downward

You down start, down south

Don't slouch blood

When you're down but you don't stop (never)

(Chorus)

(Verse 2)

Up we go, yea we're going uptown

To the upscale life, coming from the underground

Got to get up, I can't upstage me

Uncage the upheaval and step it up to like 80

This uppity brother got a problem with upbeats

Upload the sheets

It seems I'm up a piece

It's typical beef, like POW, up your speed

That's 2003 to me, now get this

Up the block, by the shop, there's a cop cutting locks

(That's dread) you can't even shot Nike shox

By the bus stop, you either shot or getting stopped

Up this way it's up yours or not yours

Up till 04's I couldn't get the doors

Now DSP get high shows like we're billing up on tour

Yea, it's A/D, Milton Keynes to Northants

Luton, Essex, London, Up and down it's your chance.

(Chorus)

[Guitar solo]

Around the same time, next girl told me I was common

My life moved up and by chance I met Common

Spit @ Vocool Lounge with J.O

Around 04 NN5 became two  
I met this girl from around the way  
Around the same time, beats sell I start to get paid  
In a roundabout way moved on to Leigh-On-sea  
Girls all around, skinny round, I'm surround  
The team got stronger  
Eric, Lona, and Dom  
Matt came thru, plus Stric, Joe and Rum  
Rap nice and he's cold as ice  
Markotix got it on (yea he's nice as rice)  
Round up the crew, the boys bout to blow  
Dreamstate just grew  
You wound up? I cloak you  
Say a prayer, get out your bibles  
Round it all up like I'm your thirteenth disciple (the Judas)  
(Chorus)