

# Beastie Boys, All Lifestyles

Ideas spark my hand grabs a pen  
Sweeten up the sound let me get the right blend  
Coming down the wire to the Neve mic pre  
Nice up the sound for the A to D  
I'm a Wonderama snake can winner  
Bagel from Bob and a TV Dinner  
I'm the one that one that dance contest  
'Cause you know I dance the best  
All you gotta do is do your thing you see  
'Cause I don't give a fuck who you're supposed to be  
My name is Adrock and I aim to please  
And I gotta spread love in society

We gotta keep the party going on  
All lifestyles, sizes, shapes, and form

What you saw what you heard  
I get involved I might disturb  
And if you want what's going down  
You might just get that silky sound  
So what'cha want? So what'cha need?  
I've got the fonts you want to read  
Get in the game you gotta scheme  
All the same I've got the team  
More new wave not OG  
Walking down the block you say "Yo D!  
When you coming out with the new CD  
That spreads love in society?"

We gotta keep the party going on  
All lifestyles, sizes, shapes, and form

Goto goto goto goto  
Don't mess with crack or the baking soda  
Whether in the high rise where you live like Roda  
Or in the shack and you live like Yoda  
Once again it's on like a brand new morn  
Beatsie Beatsie Boys here to keep you all warm  
All you spazzes and you freaks  
Go and do your thing 'cause you're unique  
If it don't hurt nobody else than  
Don't be afraid to be yourself and  
Special dedication and so on  
to all lifestyles, sizes, shapes and forms  
We gotta keep the party going on  
All lifestyles, sizes, shapes, and form