Bro'Sis, You Can't Stop

Here I am - smack in the middle of it Just got this natural way about it You can see it too - I just got it

And now - back to the riddle of it Just don't know how to explain it Once I get it on - it takes over

I know, I know, I know, I know - I can't control it I know, I know, I know, I know - once it get started

U can't stop - you know what I got So just go - just go let the rythm flow Can't stop - you know what I got Get up - get up to whatever goes down

Here I am - crack the rythm of it I don't have to think about it I just let it go and there you got it

I guess that's the beauty of it Whenever (ahh) you see me go You know that what you see up there is soul, yeah

I know, I know, I know - just how to do it I know, I know, I know - once I get started

U can't stop - you know what I got...

As you hear there's no time 4 introductions
I think you'd agree no everlasting
A real enemy you haven't done seen
And as you can feel the time has come for destruction
Once you realise me your thoughts have decieved
You don't really believe what your eyes have seen
This letter is sealed with a kiss
Sick people get healed by shit like this
Any type a shield can't hold my fist
U can't stop us goin' on

U can't stop - you know what I got...