

Heltah Skeltah, Understand

[Rock] Undastand

[Ruck] Heltah Skeltah only mean war, undastand

[Rock] The war's with everything outside your door, undastand

[Ruck] He be R-O, I be R-U, undastand

[both] It can happen to you

[Verse One: Ruck]

Heltah Skeltah start stormin

Ya up for dreamin it's mornin, I'm warnin

People who jeal my name ring bells like a doorman

A warrant, for the arrest of a militant menace

Who serve heads like tennis with words that diminish

bust the scrimmage, I call the high post play

Dish off to the center fo' da quick lay

Slay, anybody come in my lane

Gets blown out the frame by the Flipster and lames, look

Who is this gettin swift with this pugilist

equipped with the lyrical gift to flip scripts

People duck sick (what?) don't wanna touch with that ruff [shit]

that Ruck kick, break boys bones like Roy Jones

decoys roam, but they can't mess with my people

Hey you stepped to the Ruckus recognize that I be lethal

My gats spits at wack [niggaz] blacks get, tactics

Make it hard for any infiltrator to attack this

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[Verse Two: Rock]

I really think I oughta tell ya, before I have to belt ya

I make [shit] so hot boy the heat might even swelter

or melt ya, I nailed ya, [nigga] tried to yell but he felt the

shell now in hell wondering who's Heltah Skeltah

Sparsky and Dutch, Ruck and, Rock see

We gets buckWILD on your block and harass the cops

No diggy, my head's hot, scream loud and clear

Watch the red dot, move a muscle boy you bed' not

See the last two figures they can't describe me

Military Punisher Rock M.P.

Watch, the, nine millimeter brain better

You won't be beefin and your heart won't be beatin either

Either you're real or I hate you I break you

like glass *shatters* the bullet brings it to dat ass

Bastard, you talk faster, my gun buck faster

I jet, faster the next L sparked

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[Verse Three: Ruck, Rock]

Undastand in the midst of utter confusion I got sumpin for stars
Frontin in cars and bars when I lace you with my gym star
Recognize real never the rap that's rungy
But my (pow) make yo' [shit] snap like bungee
Once we, unite, like I'm Martin Luther
I'm startin to shoot the people messin wit my future
So who's the, wiggy that wanna test me and address me
Just to try an impress me them people come and stress me

Undastand, to be the man ain't even the plan
But stand in my way and get crushed under sand
So guard your backs, or matter fact guard your naps on
down til we U, click your heels times and ahh
I'm at the door bringin war to your town
It's the Rock, now you gotta Get Away like Bobby Brown
I get down, punk gets pounded like fractions
Worlds get blown when Ruck and Rock start overreactin

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[Rock]
Undastand, or you catch the back hand or the Timberland
Undastand, undastand or your catch the back hand or the Timberland
Undastand, or you catch the back hand
Timberland, or the back hand if you don't undastand
Undastand, undastand, undastand... Heltah Skeltah
(Undastand) Original Gunn Clapazz
(Undastand) Cocoa Brovaz a.k.a. Smif-N-Wessun
(Undastand) Representativez forever representin
(Undastand) Duck Down Entaprisez, niggaz set to recognize this
(Undastand) Return of the B.D.I.