

Method Man, Supa Ninjaz

[repeating in background:] "rock, the body body -- rock the body body"

[U-God]

Dino the dart specialist

Knahmean?

Golden Arms, yo

Meth-Tical, John John do your thing thing

What? Check it

The all eye seein, heavenly divine

The truth brings out, the temper in my spine

A Hill sound again, feelin symptoms that bit me

I feel for you victims, with everything up in me (uh-huh)

A head ringa, stuffed in sidewalls of frenzy

Back the fuck up, cause I'm stimmi off the Remi

A semi bloodshot eye, donkey dick of nuts

Every cut, I split and try and felt the guts (what?)

Nigga what, earthquakin speech, woofer hiss

The razor faced victims, WHEW, that's what kissed em

Appropriate precaution, surroundin, certain it curtains

I'm dumbfounded, I'm poundin, the pavement

for mental enslavement, I'm cravin, a misbehavin savior

America the grave for gun wavers (what?)

The wave runners, what the blood seed again

Make you wonder, about the thunder underneath the skin (hmm)

The sapphire rhymes slap fire out your minds

with right timin, bite with vampire rhymes

[Method Man]

Hmm, eye spy, with my crooked eye

Four metal street soldiers, born to die

Put em up yeah fuck yeah, when it's Hammertime

niggaz can't be touched here, the true and livin

Night vision unseen, like Jean

when I hack men The Unforgiven, left in prison

in the Wu-Tang dirty dungeon, now you succumbin

to my twelve part dirty dozens, flabbergasted

by tracks that be Tru Mastered, opposites attract

beef plus they ass backwards, stick yourself

til I'm felt, this ass whoopin, is bein dealt

Like hot peas and butter nigga, I got the belt

What the deal huh? Swing low, sweet chariot

I walk the Underground Railroad, with Harriett

Just a slave to the rhythm - victims I'm like alien

About to put that shit up in em, I Can't Live

Without My Radio, a 100 Miles and Runnin

T2 Judgment comin, nobody's safe

when I reminisce about Case, still hit the staircase

when the coppers give chase, I give em finger

The only hip-hop singer, to tell America

to kiss his Killer Bee stinger, nothin can save ya

from this major misbehavior, heavy hands

layin corners in the elevator, guard your grill

[Cappadonna]

I speculate, get my darts straight, don't exaggerate

Dictate, do it with the Papermate, set the plate

set the bait, checkmate, fuckin with cha mental state

Double take, meditate, earthquake, VGL contemplate

Big boys integrate; catch you at the sess skate

Army tank, high rank, got the bank

Got the shank talk the talk walk the walk from New York

to Up North to downstate to L.A., to all day

To cliches to instant replays, to all the DJ's

To PJ's, in the PJ's, equality days
With money like legs I plant eggs, Pele roundhead
The dog bred, snakes runnin from red, catch dead
Big born is on take the uniform, we perform
shit like gangs are now born check for new dawn
Fuck a U Conn, you been warned, we the realest
We never were conned, duffed out and knowledge born

("Rock, the body body - rock the body body") - [repeat til fade]