

# Q-Tip, Breath and stop

Uh

uh uh uh uh get up

Uh uh for real uh uh

Come on

Ummah, Ummah, Ummah, Ummah

[Q-Tip]

A hard time if your motion is still

Let me move some things around because the lyrics is ill

Abstract..you know my stiggidy in here [yeah]

Niggaz get on and swear it's they fuckinyear

But yo your girl just moved

to the joint in the club, in the car if it groove [uhh]

Broad look, the movement is on

Mild mannered mami's in Victoria thongs, uh

I give my rhyme a bless

Guaranteed to make it right if your night is a bust [yeah yeah]

You Vivrant and you fresh and all

Original to say the least and you've impressed Kamal [come on]

Rappers start then they stall

Findin it very hard to make it over the wall

Hey, get your weight up, my motto you heard?

And I grown a deaf ear to felonious words, uh

So girls move it around

If you see your main dog give a brother a pound

And just uh..

Chorus: Q-Tip

Breathe and Stop, for real and give it what you got, and just uhh

Breathe and Stop, for real and give it what you got

Give it what you got, give it what you got

If you on the block then give it what you got

[Q-Tip]

A thug, a thrill, you as mean as the eyes [say word]

I wanna feel you, them big ass thighs

Your Prada dress or your Gucci bag

with the Polo jeans over doobi-bag, uh

Yo hold the door a-ight?

We comin through, Tribe beef, hold it down for the night

Big Moon got the fifth

D-Lyfe he got the deally and girl you got the gif [yeah for real love]

turn it over the page

Usherin all of y'all to a brand new age, where [yeah]

status really don't matter

everbody get right to the pitter the patter [come on]

Makin moves, settin precedence

Enterin your residence, the whole scene is decadence

and the feelin is true

I'm seein me and my crew, you seein black and blue, uh [yeah]

So let's go for the ride

Strap yourself in tight and if you bonafied then just uh

Chorus

[Q-Tip]

Dunn what what bring it, bring it

A-bring it give it bring it give it

bring it give it bring it give it

bring it give it bring it give it

bring it give it bring it give it

bring it give it bring it give it

A-where we bring it to?

Right here, right where? Right here, right where?

Right here, right where? Right here, right where?

Right here, right where? Right here, here here

Right here, take it home home, take it home, right here

[Q-Tip]

Millenium, on your mind, are you runnin out of time?  
Hope you skippin every line because I'm gettin mine  
Move it around a bit again  
Every block every town we startin a trend [for real for real]  
Eye to eye ma and toe to toe [toe to toe]  
Who concentratin on killin the show?  
Penetration is methodically slow  
Mountain high valley low gonna find the dough [yo for real for  
real]  
All my peoples, no matter the creed  
We gonna satisfy the urge and discover the need [uhh uhh uhh uhh]  
You feel, you feel the bite in this  
If you think I'm type real then invite me miss  
And let me say a rhyme in your ear  
Dancin close you the most and you fit in here [yeah]  
You feel the rhythm is right  
You know the spittin is tight  
You think you won't but I think you might, uh  
Chorus: 8x