

Stretch Arm Strong, Express Yourself (Nwa Cove

A lot of brothers out there 've been
flakin' and perpatratin' but scared to kick reality.
Yo Dre you been doin' all this dope producin',
you ain't had a chance to show 'em what time it is!
So watchu want me to do...?

Express yourself!
I expressin' with my full capabilities,
Now I'm livin' in correctional facilities,
Cause some don't agree with how i do this,
I get straight, and meditate, like a Buddhist,
I'm droppin' flavour, my behaviour is hereditary,
And my technique is very necessary,
Blame it on Ice Cube, because he said it get funky
When you got a subject and a predicate
Add it on a dope beat, and it'll make ya think,
Some suckers just tickle me pink, to my stomach,
Cause they don't flow like this one,
You know what, I won't hesitate to diss one or two
Before i'm through, So don't try to sing this,
Some drop science, well i'm droppin english!
Even if Yella,
Makes it acapella
I still express, yo I don't smoke weed or cess!
Cause its known to give a brother brain damage,
And brain damage on the mic don't manage
Nothing
But making a sucker and you equal,
Don't be another sequel!

O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!

Now!!
Gettin back to the PG,
That's Program, and it's easy!
Dre is back, New Jacks are made hollow,
Expressin' niggers subject because they like to follow
The words, the style, the trend,
Again and again and again,
Yo yall on the other end!
Watch a brother bringin' dope rhymes, with no help,
There's no fessin' or guessin' when i'm expressin myself!
It's crazy to see people be
What society wants 'em to be, but not me!
Ruthless, is the way to go, they know,
Others say rhymes that fail to be original,
Or they kill where the hip-hop starts,
Forget about the ghetto, and rap for the pop charts!
And those musicians, that cuss at home,
But scared to use profanity, when up on the microphone,
Yeah they want reality, but you won't hear none,
They rather exaggerate a little fiction!
Some say no to drugs, and take a stand,
But after the show they go lookin' for the Dopeman!
Or they ban my group from the radio,
"Here, it's they yet again, hey hell no!"

But you know it ain't all about wealth,
As long as you make a note to,
Express yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
Come on and do it!

Cause if you wanna start to move up the chart then
Expression is a big part of this, big part of this.

Expression is a big part of this, big part of this.

There's a little bit more to show,
I got rhymes in my mind, embedded like a embryo.
A lesson, all about expression,
And if you start fessin', I got a Smith&Wesson for ya!
I might ignore you're record, because it has no bottom,
I get loose in the summer, winter, spring and autumn.
It's Dre on the mic gettin' physical,
Doing the job, Stretch Arm Strong is the lynch mob!
Yes i'm macabre, but you know you need this,
And the night I just gone, just like a fetus,
Or a tumor, but here's the rumour,
Dre's in the neighbourhood and he's up to no good!
When i start expressin' myself, Yella slam me,
Cause if i stay funky - yo - I'm doin' damage!
Or I'll be too hype, and need a straightjacket,
I got knowledge, and other suckers lack it,
So when you see Dre, a DJ on the mic,
What it's like? It's like we're gettin' high tonight!
Cause if i strike, It ain't for your good health,
But i won't strike if you
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
O-o-oh!
Express Yourself!
Come on and do it!
Come on and do it!
EXPRESS YOUR SELF!!!