

# The Beastie Boys, And Then I

Grabbed the beat  
Looped it up  
Saw my check  
Scooped it up  
Rock ignition  
Got to listen  
Change position  
Start transmission  
Point the camera  
Click the frame  
Use a high ASA  
I Like the grain  
Flip the script  
Start to trip  
Grabbed my hip  
Did the dip  
Rent a car  
Go upstate  
Hit the waterfall  
Jump in a lake  
Step in the place  
Move the crowd  
Cut the snake  
Walked right out

Another day slips by  
Got to fix the mind  
I've got the mind maligned  
With I mean mine  
Got to turn it around  
Got to give back  
Because this self-centered thing is keeping me off track

Take the 1 train  
Ride the Double L  
Go to Brooklyn  
Rock well  
Jump the gun  
Call your bluff  
Break the mold  
A diamond in the rough  
Ran the floor  
Grabbed a rock  
Spot it up  
Shot the shot  
Go pet Sam  
Said, "get off me"  
Check the machine  
"Adam this is Coffee"  
Brace myself  
Trace myself  
Pace myself  
Lace myself  
Check the mirror  
Start to melt  
Jump back  
Kiss myself

Another day slips by  
I've got to fix my mind  
Because the mind's maligned  
With I mean mine  
I've got to turn it around  
Got to give back

Because this self centered thing is keeping me off track

Hug my Los  
Brush her teeth  
Read her books  
Put her to sleep  
Pack her lunch  
Drop her at school  
Head to the studio  
Turn on the Pro-tools  
Apple C  
Apple V  
Drop the beat  
Hit delete  
Hit record  
Smorgasbord  
Draw my sword  
Jump aboard  
Grab the phone  
Call my Dad  
Shared some love  
Felt so glad  
Went and called Freckles  
Told her I love her  
Ran home  
Got ran under the covers

Another day slips by  
Got to fix the mind  
I've got the mind maligned  
With I mean mine  
Got to turn it around  
Got to give back  
Because this self-centered thing is keeping me off track