It all starts with a riff usually a simple riff or sometimes a lyrical gift brought on by a tiff within the band gotta release that shit so I don't release my fist full-force to your face c ausing your bones to shift with this method we write songs like wish songs like this fueled by fights and ego trips mad lies a nd chicks with our nuts tightly gripped so we write this song f or you sealed with a kiss by a groupie's lips not lips that hol d lipstick I mean between her hips you asked for it you got it this is how we write the hits brace yourself it goes something like this

Break 'em off somethin' hardcore throw a friend to the floor th is is the new one

So you wanna know where all the magic happens how I started rap pin' how dj got to poppin' and slappin' nick's first pair of dr umsticks dan's first ax and I started to rap back in '92 with m y boy b-rock and the hps crew few knew that you know who was sa iling the seas of cheese how else did you think he writes bassl ines like these so we write this song for you sealed with a kis s by a groupie's lips not lips that hold lipstick I mean betwee n her hips you asked for it you got it this is how we write the hits brace yourself it goes something like this

And I think you should know that I...

I get deep now I keep my feet on the ground you're fallin' down son watch my feet now I get deep now I keep my feet on the ground watch my feet now you're bringing me down