

Fit You Haffe Fit

Promoe

Chorus1

To get a hit you haffi fit, you haffi fit-it fit-it fit
Fit
To get a hit you haffi fit, you haffi fit-it fit-it fit
Fit
To hit the charts you gotta smart smart-art smart-art
Smart smart
To hit the charts you gotta smart smart-art smart-art
Smart smart...

Bridge:

In the morning as I rise put on my tracksuit and
Exercise
Me wan'fe fit me wan'fe fit -it fit-it fit fit
Walk on the road me nah trouble no one
Me nah eat no steak, me nah eat no ham
Grandma grew me as a vegetarian, music is my
Occupation...

Versel:

Go inna de field dig some yam
Pick some corn use it make a sham
Schoolpickney come and get it fe nyam
Started to sing oh what a bam bam...

Chorus 2:

Look how me big, look how me strong
Say me must live long
Look how me big, look how me strong
Me a vegeterian (listen the song)

Verse 2:

New day, nottin changed - war on the tv and the front
Page
Still killin', poverty same. I don't want no part of
The game
No! stockmarket droppin' again
Businessmen still poppin' champagne
Want your money back! They're not gonna pay
- Freedom fighters lock'em away
No joke, it's time we focus
Through the bad times work out jump rope it
Feels hopeless, but it ain't over
Till the fat bitch sings, so we gotta choke her

Metaphore - get shit out of your system!

Never pork get shit out my kitchen
Vegetables they all in the mix and
To the chorus y'all better listen!

Chorus 2

Look how me big, look how me strong
Say me must live long (in Babylon)
No animal inna mi pan, no. Me strictly vegan

Chorus 1

Verse 3:

While you pumpin' your breaks I'm runnin' away
No escape, but my hunger is great
Aah, the people lovin' the way
I rub a dub and numbin' the pain
Oh! From Modern day to the Struggle tape
My music overthrow the government
The distance long, resistance strong
Head on with the business it's on
Push up, sit up - What's up, get up
Lot of things that we gotta get rid of
Bust up, live up - Go go, big up!
All my people that's not gonna give up
Everything's connected from your mental health to your
Physical
Eat good, work out, each one teach one, send for help
And get busy y'all...

Chorus 2/ Chorus 1

Bridge

Verse 4:

Use my money buy foo dand place
Nah use my money bout me a freebase
Don't want my pants drop off from my waiste
Don't wan feel high like me out of space
No man a come and cut out my throat
Tek my chain and go pop big sport
Him and him gal gon' sniff nuff coke
Laugh and a tek that fe big joke