

Now I got soul & I got goals & I got fans
Got plans for takin my team to the top and
Stands of people watch me when I kick this
My style's so fly you could call it a discus
My skills are easy to see so don't try to heckle me like a chimpanzee
I get paid to play and I'm good at my work
So let's go toe to toe 'cos I'm claiming the turf
Cos this is my craft don't step on my team yo
Cos I'm a start kicking it like Ronaldinho
And get down to business and logistics
Here's a hot beat check it out just kick it

Kick this!

It seems every time I turn around I'm on the ground
Why's everybody kicking me when I'm down?
You can help me land but won't give me a hand
Said it's against the rules, cool I understand
He wants me to roll as long as he's in control
But when he's not he wants to stop me from reaching my goal
Even your soul/sole is hard and cold but I get it
And any minute you're gonna be wanting to kick it
In this game I run to the rhythm and kick this

For you to intercept and as quick as a misfit
I'm gone without a trace got places to go to
A new mic to rock and a record to flow to
So let me sum it all up like this
When I got goals to reach my team don't miss
My crew is coming and you know I come with it
You better step it up homeboy just kick it

Kick this!

Now we refuse to lose and we make our own rules
Cos my crew's like the popular kids at school
So you think you're cool and you like our team
And to kick it with us is your life long dream
Well we're the in-crowd no scrubs allowed
Don't cry foul, you're running with the big boys now
Just like running the halls or playing the wall
When they come you either run or you're taking a fall
But not us because we're shaking and faking them all
My crew's on the ball we don't break down or stall
And ain't afraid to brawl, all for one, one for all
So if y'all ain't with it, forget it we can't kick it