[q-tip]  
Can I kick it? (yes, you can!) \*7x\*  
Well, Im gone (go on then!)  
  
Can I kick it? to all the people who can quest like a tribe does  
Before this, did you really know what live was?   
Comprehend to the track, for it's why cuz  
Gettin measures on the tip of the vibers  
Rock and roll to the beat of the funk fuzz  
Wipe your feet really good on the rhythm rug  
If you feel the urge to freak, do the jitterbug  
Come and spread your arms if you really need a hug  
Afrocentric living is a big shrug  
A life filled with \*horn\* that's what I love  
A lower plateau is what were above  
If you diss us, we wont even think of  
Will nipper the doggy give a big shove?   
This rhythm really fits like a snug glove  
Like a box of positives is a plus, love  
As the tribe flies high like a dove  
  
[phife dawg]  
Can I kick it? (yes, you can!) \*7x\*  
Well, Im gone (go on then!)  
  
Can I kick it? to my tribe that flows in layers  
Right now, phife is a poem sayer  
At times, Im a studio conveyor  
Mr. dinkins, would you please be my mayor?   
Youll be doing us a really big favor  
Boy this track really has a lot of flavor  
When it comes to rhythms, quest is your savior  
Follow us for the funky behavior  
Make a note on the rhythm we gave ya  
Feel free, drop your pants, check your ha-ir  
Do you like the garments that we wear?   
I instruct you to be the obeyer  
A rhythm recipe that you'll savor  
Doesnt't't't matter if you're minor or major  
Yes, the tribe of the game, rhythm player  
As you inhale like a breath of fresh air