

# Manafest, Bounce

[Intro:]

Mr. Manafest,  
What, what, what, what, Mr. Manafest, what, what, what

[Verse 1:]

Mr. Manafest what you got to say  
You got a song that's controversial, eh  
You're Canadian, white Caucasian and still skateboarding  
And tour live recording it  
Were not here trying to bring you down  
Were just trying figure you out

Well I was only 18 when I bust up my leg  
When I slipped off a ledge, and fell on my head  
I got stuck in a bed with a pad and a pen  
I had a voice in my head and this is what it said  
Right now, write down, write your feelings out  
Rhyme out a song loud, put my words in style  
Find out why my people are crying out  
Reach out with hip hop skate board is your crowd  
Now is the time, now is the sign  
Now say a line that'll prick the minds  
It's over now, your older now  
I'll flow right through ye let's show them how, and

[Chorus:]

Bounce if you wanna, just Bounce and Bounce  
And Move if you wanna, just move, and move  
So all the B-boy's B-girls hit the floor  
Here we go now, let's go let's go  
Bounce if you wanna, just Bounce and Bounce  
And Move if you wanna, just move, and move  
Come on B-boy's B-girls hit the floor  
Here we go now, let's go let's go

[Verse 2:]

They said it couldn't be done  
I said we haven't tried  
A white skateboarder kid blew up there minds  
Take the music out the box like God with us  
Stomp like Jericho walls and stretch your lungs  
I'd want to know if I was walking down the wrong road  
Why didn't someone tell me I had my eyes closed  
I watch what I eat, since super size me  
Since the internet my space be the in thing  
I talk in my sleep, like I'm walking a dream  
I cling to the cross who's the lord and the king  
You think I'm crazy, they think I'm crazy  
I've test driven it baby, it rides amazing  
Still skating, for real not the same guy  
Slide to the front of the stage hands high

[Chorus:]

Bounce if you want to, just Bounce and Bounce  
Move if you want to, just move, and move  
Now all my B-boy's B-girls hit the floor  
Here we go now, let's go let's go  
Bounce if you wanna, just Bounce and Bounce  
And Move if you wanna, just move, and move  
So all the B-boy's B-girls hit the floor  
Here we go now, let's go let's go

[Bridge:]

Everyone gather round

I think we should announce  
That it is time to bounce

[Verse 3:]

While your moving that left & your right foot  
It's better now that you're hooked with the right book  
I mean you can do anything, anything  
They told me not to rap or sing a thing  
I failed music they said don't do it  
I put down acoustics & started a movement  
I rhyme like an air flare, up in your face  
Hold an air chair "pose", flow at my pace  
If I can do it, you can do it if you can do it they can do it  
If we can do it, what we doing, let's start moving