

The Impossebulls



Five By Five IV: Gluttony



Executive Producers:

Michael Gregoire & The Impossebulls

Produced, Mixed and Arranged by:

C-Doc for DefBeat Posse Productions, ID! #

Co-Produced by:

Marcus J for A Ball, A Rim & A Mic Productions

Assisted by:

Davy J

Mastered by:

Shawn Franklin for TDX

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26. Life Is Good ^{2:56}

(M. Ankeney, DC Snyder)

Concept by Marcus J

Vocals by Marcus J, C-Doc

Cuts by C-Doc

Marcus J: Everybody loves me but hates what I do
Everybody hates, so I hate too
Just want to fit in, where do I begin
Most days no castaways just Gilligan
Ship wrecked on this island called life
Live like death probably die like Phife
But life is good man, I can't even lie
So much so I wish I was still alive
But when I think that the past pulls back
My fight too strong my sight too black
My dreams too true to share them with you
Things fall apart and I'm sick of being glue
So what am I to do man life is good
Got a gold name plate that says I wish you would
Got a cold brain state that says I wish you could
Trendsetter I'm no better but life is good

C-Doc: So who are you to tell me that life's so great- cause all I
See are all the flaws and the stupid mistakes- and all I
See are all the problems that's bringin me down- like I
Bit into a lemon and they spin me around- oh
Yeah my son is awesome and my wife is the best- but I
Can't stop feeling like my life is a test- that I
Fail at every turn, get burned and set back- like I
Couldn't get these vocals quite right on this track, y'
Maybe I should stop and listen instead of bitchin'- I'd
Be a rich man if I got paid for nitpickin'- I'd
See, the positives when the glass is half full- but I

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Act like a damn fool and damn man thats not cool- pouring
Fuel on the fire instead of puttin it out- why don't I
Stop and look around and try to figure it out?- instead of
Makin it worse to the point that I regret it see
Life is always good... But only if you let it be...

Marcus J: *Life stuff when the right beat catches you.*

C-Doc: *This beat, in its OG form, has been around for at least 10 years. It was part of another project that fell apart but I always wanted to rock something to it. When we decided to add the three new songs to the EPs, this beat paired with "Life Is Good" was a no brainer.*

27. The Menu 3:24

(DC Snyder, M. Ankeney, B. Warnick, M. Porter)

Concept by C-Doc

Vocals by C-Doc, Marcus J, Flatline, Mported Flows

Cuts by C-Doc

C-Doc: Let's See what's next on the menu...
Cooking up some old school flava for your venue- and
Then you... Come to realize what you're missin'- you
Just gotta listen and you'll understand the mission- it's
Tradition... We doin what we love to do, and if you're
Diggin what we doin we got love for you- it's all
True, I don't deceive- don't believe? Take a
Look at my shirt I wear my heart on my sleeve, but that's
Me- I treat it with a lot of respect, in a
World where you never gettin what you expect- I'm that
HipHop cop to serve and protect and
If you neglect you step as suspect-
Eject! Kat you ghost and you're over and done- with the
Bulls comin thru and we back on the run- just havin
Fun on the mic when the crowd sees what we do- by servin
Up this well done HipHop Bar-B-Que...

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Marcus J: Yo Doc... please allow me to continue
And run through all these dime dishes on the menu
Cause when you send me those dropbox beats
My head starts to nod to the tapin of my feet
On the concrete is where I spent most of my days

Xenia Ohio born and raised
And that's a flip on some old Will Smith shit
I'm old school like that better never forget
Here's a tip from the Q that's it can I kick?
Now vomit Doc lyrics cause I go to make it sick
Guess I bit, just a little bit, didn't swallow
Still Sandman gives me hooks at the Apollo
So follow for now power to the people say
Make a miracle Marcus J
As I spit my order through the drive thru box
I'm pullin around cause the spot is C-Doc's

Flatline: Would you care to super size the Real Hip Hop
The Main Ingredient, yo! What's Up Can We Rock?
Tougher Than Leather, Cats & Dogs, Evidence
In abundance, Resurrection, Common Sense
Rugged Ruff, Wordplay, jump out your seats
Remember to breathe in The Valley Of The Jeep Beets
Goin' Back To The Sense Of The Bass on the hour
Derelict Of Dialect with Divine Word Power
Supreme Clientele, Temples Of Boom
Midnight In A Perfect World at High Noon
Triffin', Coast II Coast, At The Speed Of Life
The Foundation: Max & Davy J, Peace Phife
And rest Eazy, Vanglorious Xodus
Lookin' over The Menu and The Bulls Bring The Ruckus
It's Fresh You Suckaz and now you know
The name's Flatline, Revelations, Freaky Flow

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Mported Flows: The flow is freaky Mported is up and sneaky
C-Doc knows all he gotta do is fuckin reach me
My foes can't touch their toes da fuck are they gonna teach me?
This goes up your nose if you're stuck n kinda sleepy
I suppose I knows a thing or two
I propose shows and then we bring to you
Raw MC'n not seein nobody sing to you
I sling a few I bring a crew with things to do
Like stop this pop shop sappy rap shit
Auto tuned garbage get off the map kids
Your daddy shoulda shot you off the mattress
Your momma shoulda known you'd be a bastard
That actress ass tactic sure to get you blasted
Hope your lips hurt when the whip burns ya masters
The Bulls are heathens the reason they're leavin your recitals
Anything can happen even Cleveland won a title!

Marcus J: Just some rhyming to rhyme type stuff, referencing some old school lyrics.

C-Doc: When *Tirade* and I were working on the *LOWdown* album *groundZERO*, he kept pushing us to write rhymes based on different themes. So I was totally in that mindset when I wrote this song. I let the other guys roll with whatever they were feeling and I'm happy with the result (Port has the most off beat flow ever to stay on beat). There's another song in this same vein called "The Workout" that's just waiting on Flavor Flav to record his verse (not holding my breath).

28. Armchair Revolution 2:17

(DC Snyder)

29. Six Pack 2:41

(G. Ginn)

Vocals by C-Doc, Marcus J

Additional Background Vocals by Davy J

Props to Black Flag

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30. A Roller Skating Jam Called Saturday Nite 3:05

(DC Snyder, M. Ankeney)

Concept by C-Doc

Vocals by C-Doc, Marcus J

Special Thanks to De La Soul & Schoolly D

C-Doc: It was Saturday nite and I'm feeling kinda silly
Winter coat on cause the air was chilly- but I'mma
Make my way out to the record spot... Gotta
Find some new breaks for the beats- when I rock- I gotta
Come with the flavor like some lifesavers- or
Now and Laters- Doc the beat maker... If I'm a
Player it's like your tape deck... And
If you miss the gig then take a rain check
Stacks of wax piled high to the ceiling- need a
U-Haul truck if I would think about stealing- but it's
Not my steez so I commence with the diggin- no
Kiddin... Somethin that'll keep the beats hittin- what I'm
Gettin... So much to choose from bro... But it's
Worth it if I find some I'm using though- with an
Arm full of records and I roll like skates... Gotta
Call up Marcus J so we can collaborate...

Marcus J: It was Saturday night live in Xenia
Listening to the Chi-lites have you seen her
When Doc hit me up in the e-mail box
He said, "Here's a new beat Marcus J can you rock?"
Can I rock? Sure Doc, send me the beat
Imma write something hot but hard like concrete
Ain't a difficult thing for me to try to do
Been doing the do since I was 22
Minus 10 years cause I was only 12
Sorry I lied but the rhyme worked well
To be a good rapper I guess I got to lie

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Like I got everything that money can buy
Like the girls and the cars the moon and the stars
Like sleeping pill dreams birth 16 bars
Like rubber band balls these rhymes is tight
It's a roller skating jam called Saturday night

Marcus J: Last year during a recording session for this album C-Doc put this beat on way, way, way too late, when we were goofy tired. We did a back and forth rhyme writing thing and then recorded it. It was terrible, it was great, it was funny. He sent it to Phon-X for some reason, and Phon loved the beat and told us to get serious on it... so this is our serious version of this song.

C-Doc: This wasn't ever supposed to be a cover song. I was probably just thinking about the De La joint and the Schoolly D joint and what might happen if they were bulldozed together into something else.

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The Impossebulls online

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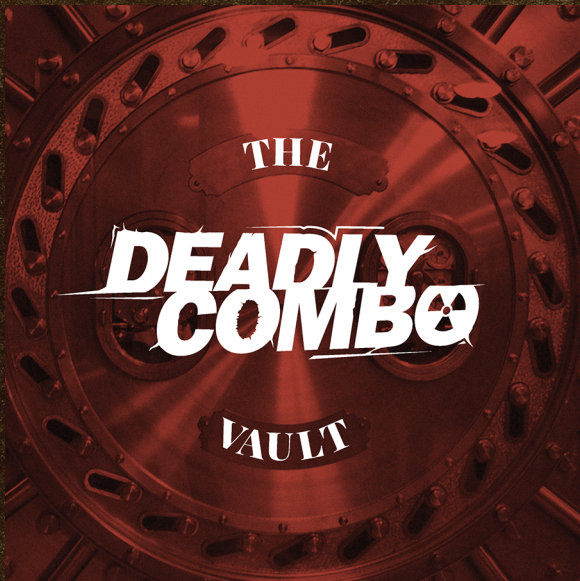
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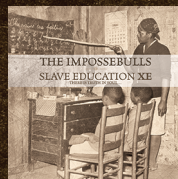
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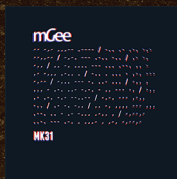
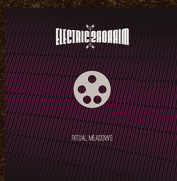


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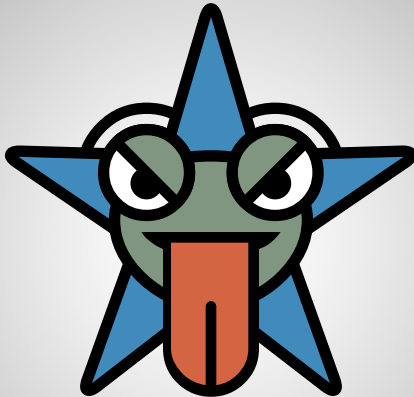
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Mega thanks goes out to **The Impossebulls**, **Flatline**,
Mported Flows & Davy J! Simply incredible EP.

- Mike Gregoire, **blocSonic**

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