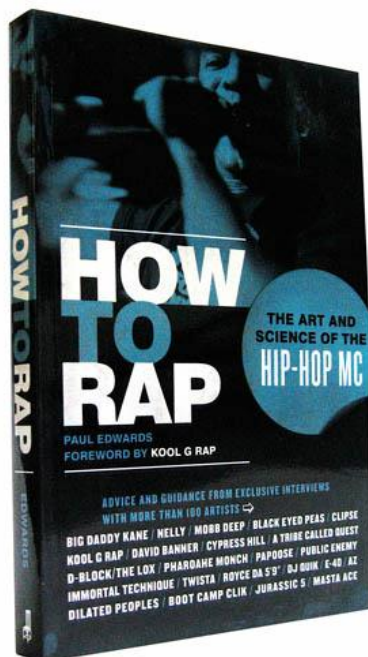


Lose Yourself – Eminem

How to Rap the Lyrics

The Flow Diagram

The flow diagram is taken from the book, *“How To Rap: The Art and Science of the Hip-Hop MC”*



“The flow diagram is a very valuable contribution that would be a tremendous help to MCs – they can look right there and see how it can be broken down.”

Esoteric, acclaimed rapper

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- The numbers along the top represent the beat
- Each line has four beats
- Text in **bold** is stressed and is on the beat

“I figured out how to put the words together in the right places to make them on beat” – B-Real, Cypress Hill

(Intro –spoken)

Look, if you had one shot, or one opportunity
 To seize everything you ever wanted in one moment
 Would you capture it? Or just let it slip?

1	2	3	4
			His palms
are sweaty,	knees weak,	arms are	heavy , there's vomit
on his sweater	already ,	mom's spa	ghetti , he's ner
vous , but on the	surface he looks	calm and	ready , to drop
bombs ,	but he keeps	on for	getting , what he
wrote down, the	whole crowd	goes so	loud , he o
pens his mouth	but the words	won't come	out , he's
choking , how,	everybody's	joking	now , the clock's
run out,	time's up,	over ,	blaow , snap
back to re	ality ,	oh , there goes	gravity ,
oh , there goes	Rabbit , he	choked , he's so	mad , but he
won't , give up	that easy	no , he won't	have it, he
knows , his whole	back's to these	ropes , it don't	matter , he's
dope , he knows	that , but he's	broke , he's so	stagnant he
knows , when he goes	back to this	mobile home,	that's when it's,
back to the	lab again,	yo , this whole	rap shit, he
better go cap	ture this moment and	hope it don't	pass him, you better
(chorus)			
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better, this
soul's es	caping through this	hole that is	gaping
this world is	mine for the	taking	make me
king as we	move t'ward a		new world order a
normal	life is bo	ring but super	stardom's
close to post	mortem it	only grows	harder
homie grows	hotter he	blows it's all	over these
hoes is all	on him	coast to coast	shows he's
known as the globe	trotter	lonely roads	God only
knows he's grown	farther from	home he's no	father he
goes home	and barely	knows his own	daughter but
hold your nose	'cause here	goes the cold	water these
hoes don't	want him no	more he's cold	product they
moved on	to the next	schmoe who flows	he nose
dove and sold	nada	so the soap	opera is
told and un	folds I sup	pose it's old	partner but the
beat goes	on da da	dum da dum	da da, you better

(chorus)			
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better, no
more games I'ma	change what	you call	rage tear this
motherfucking	roof off like	two dogs	caged I was
playing in the be	ginning the	mood all	changed I been
chewed up and	spit out and	booed off	stage but I
kept rhyming	and stepped	right in the next	cipher
best believe	somebody's	paying the pied	piper
all the pain	inside	amplified	by the
fact that I	can't get	by with my	nine to
five and I	can't pro	vide the right	type of
life for my	family 'cause	man these god	damn food
stamps don't buy	diapers	and it's no	movie there's
no Mekhi	Phifer	this is my	life and these
times are so	hard , and it's	getting even	harder trying to
feed and water	my seed	plus teeter	totter caught up
between	being a father	and a prima	donna baby
mama drama's	screaming on and	too much for	me to wanna
stay in one	spot another	day of mo	notony has got
ten me to the	point I'm like a	snail I've	got to formu
late a plot , or	end up in	jail or	shot success
is my only	motherfucking	option	failure's
not , mom I	love you but this	trailer's	got to go
I cannot	grow old in	Salem's	Lot so here I
go it's my	shot feet	fail me	not this may
be the only	opportuni	ty that I got,	you better
(chorus)			
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better
lose yourself	in the mu	sic the mo	ment you own
it , you better	never let it	go , go, you	only get
one shot do	not miss your	chance to	blow , this oppor
tunity	comes once in a	lifetime	you better