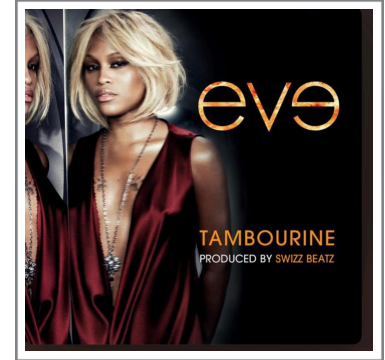


TAMBOURINE

ARTIST: Eve
TRACK LENGTH: 3:12
TRACK SPEED: 99 bpm | 2%



FORMULA: [ABCD ABCD ABED ABCD]

MOVE A: Squat hold: alternate knee dip X2 with arms parallel to ground, stand and pull one arm to your chest, squat back down with arms parallel to ground. Alternate starting knee dip & elbow pull.

MOVE B: Side step X2 as you circle sweep arms with each step. Alternate directions.

MOVE C: Squat pulse X3 with arms pulsing overhead. Jack feet together & turn 1/4 turn clockwise with each jack.

MOVE D: Anchor left elbow to rib as you squat, stand push right arm straight with palm up. Repeat 4x, then alternate.

MOVE E: Alternate heel lift in narrow squat X2, then stand with alternating heel lift X2. Pulsing straight arms low with narrow squat, bend elbows and pulse as you stand.

MOVE	LYRICS	REPS/CT	NOTES
Intro	You gotta shake ya a**	32 cts	Preview Move A
A	Shake your tambourine go an' get yourself a whistlin'	4x/16 cts	
B	Shake your tambourine go an' get yourself a whistlin' (quieter)	2x/16 cts	
C	E.V.E. come through in a Maserat	4x/16 cts	Rotate clockwise on each jack
D	That's real when the chicks that they talked about	2x/16 cts	
A	Shake your tambourine go an' get yourself a whistlin'	4x/16 cts	
B	Shake your tambourine go an' get yourself a whistlin' (quieter)	2x/16 cts	
C	They be watchin' while we wiggle around, look at 'em droolin'	4x/16 cts	Rotate clockwise on each jack
D	Pop them bottles, yeah drink that up man	4x/32 cts	
A	Shake your tambourine go an' get yourself a whistlin'	4x/16 cts	
B	Shake your tambourine go an' get yourself a whistlin' (quieter)	2x/16 cts	
E	Get low, get low, then pick up, pick up	8x/32 cts	
D	Get ya a** on the dance floor	2x/16 cts	
A	Shake your tambourine go an' get yourself a whistlin'	4x/16 cts	
B	Shake your tambourine go an' get yourself a whistlin' (quieter)	2x/16 cts	
C	Shake your tambourine go an' get yourself a whistlin'	4x/16 cts	Rotate clockwise on each jack
D	Shake your tambourine go an' get yourself a whistlin'	2x/16 cts	

