

Gold Beat



thigh



clap



chest



stomp



click



belly



hips

Ready, steady 1 2 3 4.....

A

1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e	1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e

x 3

B

1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e	1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e

Play the first line 3 times

A

1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e	1	e	&	e	2	e	&	e	3	e	&	e	4	e	&	e				

Improvise over 4 beats



Gold Beat

Ready, steady 1 2 3 4.....

A

16 bars

stomp clap the rhy - thm like that x 3 Stomp clap bring the beat back

stomp and clap the rhy - thm like that x 3 Stomp clap play it on your lap. stomp

stomp and clap the rhy - thm like that stomp x 3 Stomp clap play it on your lap. stomp

Stomp and clap the rhy - thm like that stomp x 3 Stomp clap play it on your lap.

B

8 bars

Bo- dy rhy-thm, bo- dy rhy-thm, let's go now!

Play this line 3 times

A

16 bars

Stomp and clap the rhy - thm like that x 3 Improvise over 4 beats

1 2 3 4, 1 2 3, 1 2 1

