
























MIXED FLAT

SONG: RUMP SHAKER, 5:12

ARTIST: WRECKX-N-EFFECT

ALBUM: HARD OR SMOOTH

0:00	intro		adjust resistance to maintain cadence in the 80's
0:38	"Rump Shaker"		run, keep cadence in 80's
0:58	"flip tail"		return to saddle
1:07	"All I wanna"	 	stay at same cadence but add resistance
1:26	"Check baby"	 	remove added resistance
1:34	"It's Teddy"		run, keep cadence in 80's
1:53	"I like the"		return to saddle
2:03	"All I wanna"	 	stay at same cadence but add resistance
2:21	"Shake it"	 	remove added resistance
2:31	"Shake it"		run, keep cadence in 80's
2:50	"But I ain't"		return to saddle
2:59	"All I wanna"	 	stay at same cadence but add resistance
3:17	"Check baby"	 	remove added resistance

3:36	"All I wanna"		<i>stay in 80's but add resistance</i>
3:55	"Check baby"		<i>remove added resistance</i>
4:14	"All I wanna"		<i>stay in 80's but add resistance</i>
4:33	"Break it down"		<i>remove added resistance & run to finish</i>