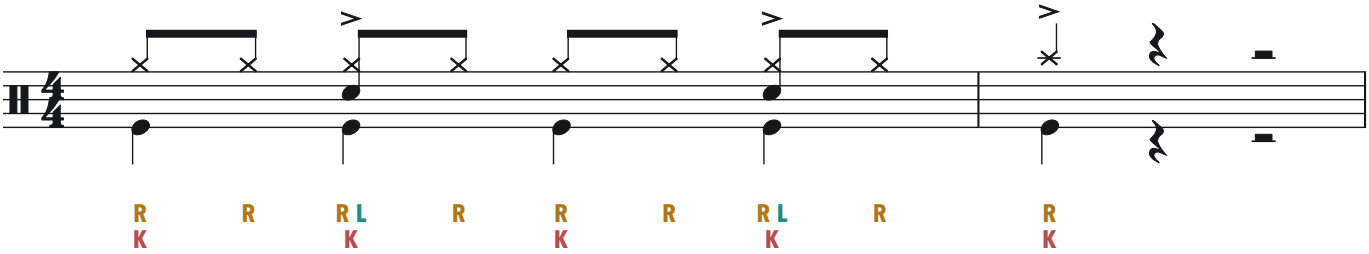
ROCK · DRUM GROOVE

FOUR ON THE FLOOR

a kick on every beat

Target tempo **110 BPM** Practice ladder **65 · 90 · 110 BPM** Time 4/4



THE IDEA

The bass drum plays all four beats like a heartbeat, so the dance floor always knows where one is. On two and four the kick and the snare hit together.

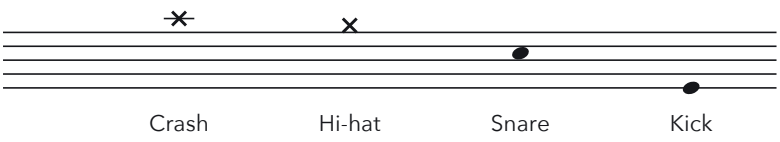
TIPS

Let the right foot bounce off the pedal instead of burying the beater in the head: four strokes in a row get tiring fast. Keep the kick steady and quieter than the snare.

PRACTICE PLAN

65 BPM	Slow: hands, then + kick. Every stroke even.	
65 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
90 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
110 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐

KEY



R right hand **L** left hand **K** kick (right foot)

> accent