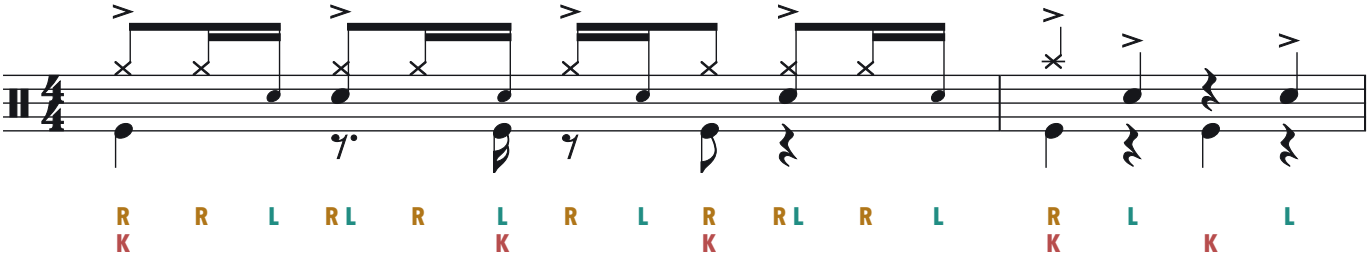
HIP-HOP · DRUM GROOVE

GHOST-NOTE POCKET GROOVE

8th hats, ghosts on the "e" and "a"

Target tempo **90 BPM** Practice ladder **60 · 70 · 90 BPM** Time 4/4



THE IDEA

The backbeat stays on 2 and 4, but quiet left-hand ghost notes on the 16th offbeats fill the gaps between the hats, so a simple 8th-note groove starts to breathe and swing.

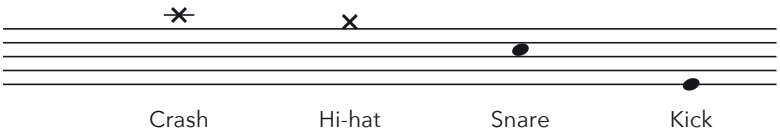
TIPS

Keep the ghost notes low - an inch off the head - so the accents on 2 and 4 stand out. The kick on the "a" of 2 pushes into beat 3: lock it with the ghost note right before it.

PRACTICE PLAN

60 BPM	Slow: hands, then + kick. Every stroke even.	
60 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
70 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.	☐☐☐☐

KEY



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

> accent small head: ghost note