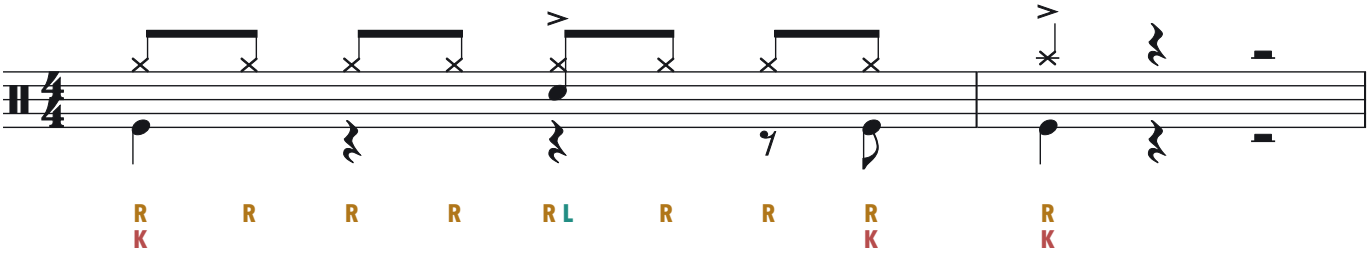
ROCK · DRUM GROOVE

HALF-TIME GROOVE

one snare per bar, on beat 3

Target tempo **120 BPM** Practice ladder **70 · 95 · 120 BPM** Time 4/4



THE IDEA

Move the snare to beat three only and the music suddenly feels twice as slow and heavy, though the hi-hat keeps the same speed. A kick on the last 'and' leans into the next bar.

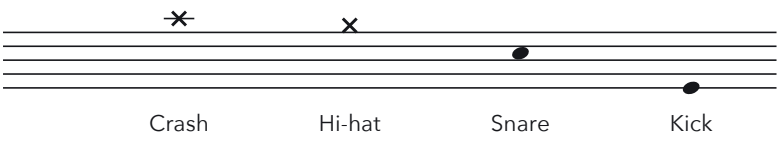
TIPS

With only one snare per bar it is easy to rush the gap between them. Count the full bar and wait for three. Hit the snare with full weight: it carries the whole groove.

PRACTICE PLAN

70 BPM	Slow: hands, then + kick. Every stroke even.	
70 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐ ☐ ☐ ☐
95 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐ ☐ ☐ ☐
120 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