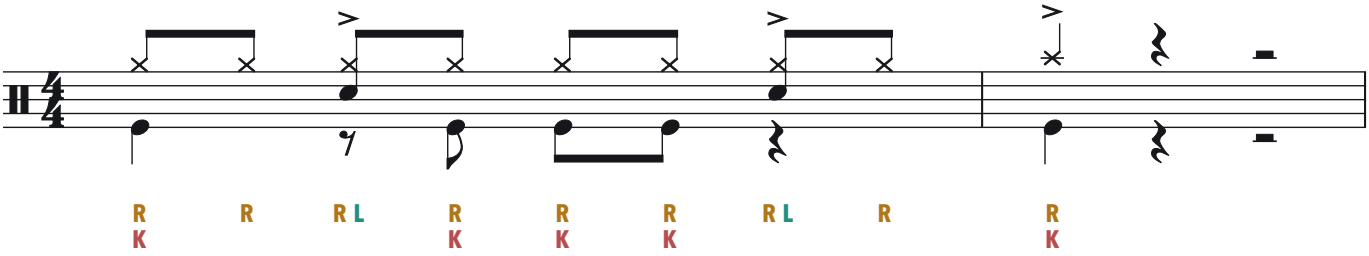
ROCK · DRUM GROOVE

ROCK BEAT WITH KICK PICKUPS

extra kicks on the 'and' of 2 and 3

Target tempo **100 BPM** Practice ladder **60 · 80 · 100 BPM** Time 4/4



THE IDEA

Two extra kicks on the 'and' of two and three push the beat forward. Each one falls on a hi-hat note with no snare, so the foot and the right hand have to move together.

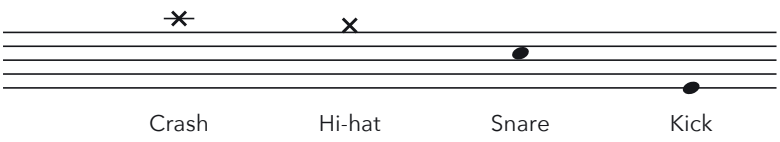
TIPS

Practise the two new kicks one at a time before playing both. The kick on the 'and' of two leads straight into beat three, which is also a kick: two strokes in a row for the right foot.

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.	☐☐☐☐
80 BPM	Play along 4 bars, then your turn 4 bars. Tick a box per clean run.	☐☐☐☐
100 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