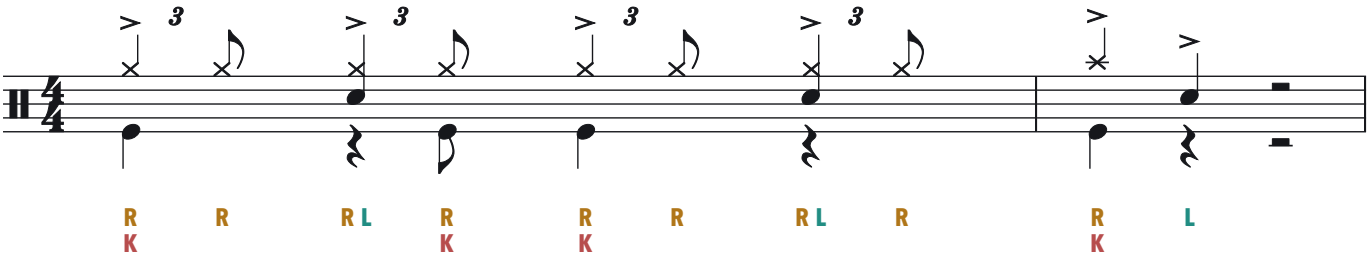
ROCK · DRUM GROOVE

ROCK SHUFFLE GROOVE

triplet hats with the middle partial left out

Target tempo **116 BPM** Practice ladder **75 · 95 · 116 BPM** Time 4/4



THE IDEA

A shuffle is a triplet with the middle note left out: the hi-hat plays the first and the last partial of every beat, so each pair of 8ths leans long-short and the groove rolls forward.

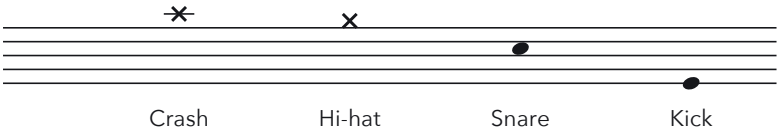
TIPS

Count "one-trip-let" and play only "one" and "let". Keep the backbeat on 2 and 4 strong and the hat on the "let" a little lighter. The kick on the "let" of 2 must sit exactly with the hat.

PRACTICE PLAN

75 BPM	Slow: hands, then + kick. Every stroke even.	
75 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.	☐☐☐☐
116 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