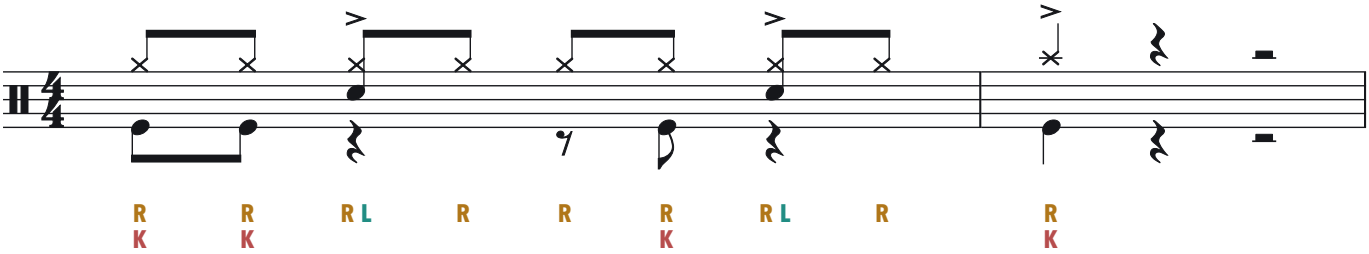
ROCK · DRUM GROOVE

# SYNCOPATED KICK GROOVE

kicks on 1, the 'and' of 1 and the 'and' of 3

Target tempo **95 BPM** Practice ladder **55 · 75 · 95 BPM** Time 4/4




## THE IDEA

Beat three gets no kick at all; instead the bass drum plays right after one and right after three. These off-beat kicks make the groove bounce rather than march.

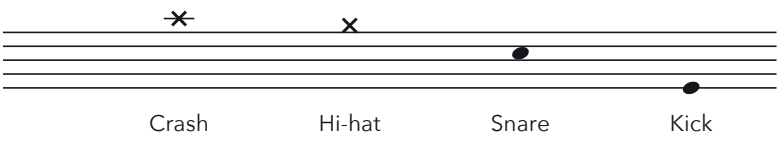
## TIPS

The hard part is leaving beat three empty for the foot. Play the kick on the 'and' of three with the hi-hat note, and keep the snare on two and four as the anchor you can always fall back on.

## PRACTICE PLAN

| | | |
|---|---|---|
| **55 BPM** | Slow: hands, then + kick. Every stroke even. | |
| **55 BPM** | Play along 4 bars, then your turn 4 bars. Tick a box per clean run. | ☐☐☐☐ |
| **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. | ☐☐☐☐ |

## KEY




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

> accent