

I first started developing this groove as a practice workout but soon began to realise that it had many applications besides. It is based on a hand exercise to emphasize the left hand. The sticking is R L L L and is orchestrated between the hi hat and snare in example one. The left hand executes gentle ghost strokes rather than full velocity strokes.

For example two we bring over the right hand to accent the third beat of the bar on the snare. An interesting half time sixteenths feel.

Then it is down to bringing in some bass drum patterns as you choose. Check out example three to get you started.

Ex 1 Ex 2

R L L L R L L L R L L L R L L L R L L L R L L L

Ex 3 Bass Drum Part