



Lesson 1


Quarter Note

 Receives one count in 4/4 time.

Quarter Rest

 Receives one count in 4/4 time.


R = Right Hand
L = Left Hand

Alternate Strokes
RLRLRL, etc.
LRLRLR, etc.


1.
 S.D. R L R L R L R L R L R L R L R L R L
 B.D.
 Count! 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4




2.
 L R L R L R L R L R L R L R L R L R L R
 Count! 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4




3.
 R L R L R L R L R L R L R L R L R L R L
 Count! 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4



4. Groovin' 'N' Moovin'
 L R L R L R L R L R L R L R L R L R L R
 Count! 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4




5. Hand Off
 R L R L R L R L R L R L R L R L R L
 Are you counting?




6. The Seesaw
 L R L R L R L R L R L R L R L R L R L R
 Count!




7. Easy Does It
 R L R L R L R L R L R L R L R L R L
 Count!



8. Balloon Ride
 Count!



9. Write The Beats
 Write the counting for each measure, then play.



Extra Credit Exercise 1
 See page 30 and 31