

Maurizio Dei Lazzaretti

Time & *groove*

Workout Volume 1

Pop Rock • Hip Hop • Funk • Shuffle

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POP ROCK 1

1 bar pattern

Playing with the Time Keeping Track, each line will be played 4 times before continuing.

$\text{♩} = 90$

5

9

13

17

21

POP ROCK 1

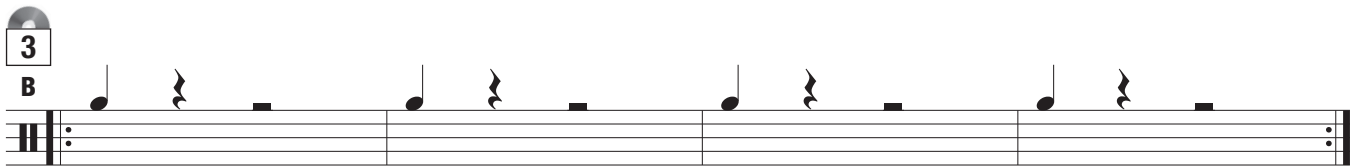
TIME KEEPING TRACK



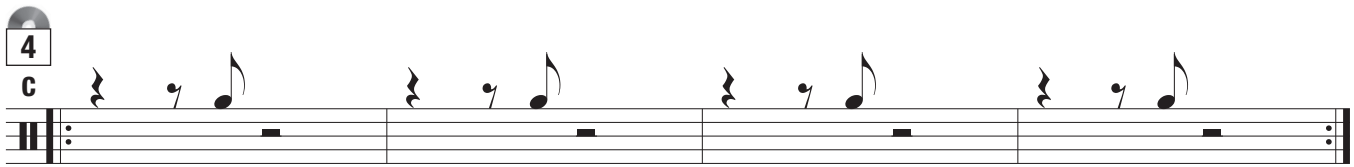
2
A



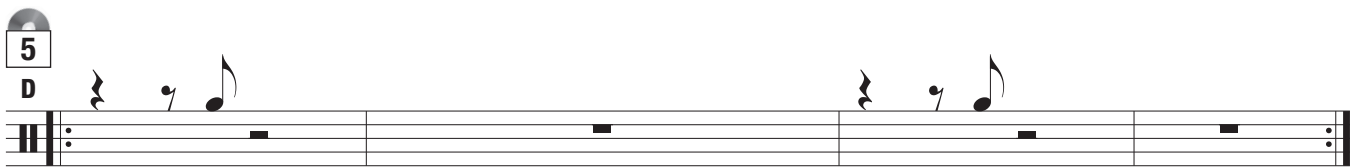
3
B



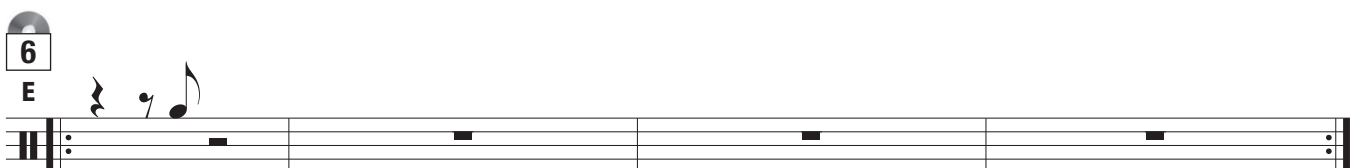
4
C



5
D



6
E



HIP HOP 1

1 bar pattern

2 times before proceeding.

♩ = 80

Staff 1: 4/4 time signature. The first measure contains a series of eighth notes: G4, A4, B4, C5, B4, A4, G4, followed by a quarter rest. The top staff shows a sequence of 16 eighth notes marked with 'x' above them, representing a drum pattern.

Staff 2: Second measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

Staff 3: Third measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

Staff 4: Fourth measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

Staff 5: Fifth measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.


Staff 6: Sixth measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

Staff 7: Seventh measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

Staff 8: Eighth measure. It begins with a quarter rest, followed by a dotted quarter note G4, an eighth note A4, a quarter note B4, and a quarter note C5. The top staff continues with 16 eighth notes marked with 'x'.

HIP HOP 1

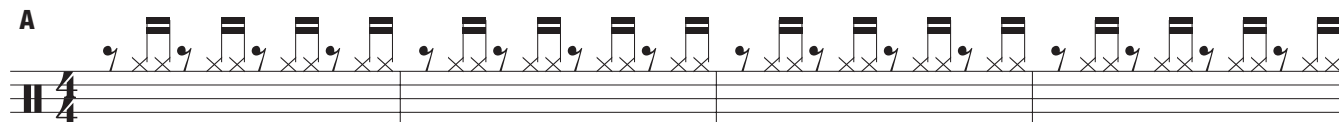
TIME KEEPING TRACK



46
Reference Track
48 50 52 54
Shuffle feel

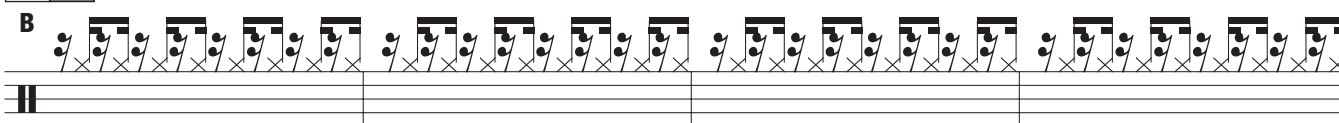
47 48

A



49 50

B



51 52

C



53 54

D



FUNK 1

Back Beat 2 & 4

2 times before proceeding.

♩ = 104

5

9

13

17

21

25

29

FUNK 1

TIME KEEPING TRACK



73
Reference Track
75 77 79 81 83 85
Shuffle feel

74 75
A

Musical notation for section A, measures 74-75. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.

76 77
B

Musical notation for section B, measures 76-77. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.

78 79
C

Musical notation for section C, measures 78-79. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.

80 81
D

Musical notation for section D, measures 80-81. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.

82 83
E

Musical notation for section E, measures 82-83. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.

84 85
F

Musical notation for section F, measures 84-85. It consists of two staves. The first staff has a treble clef and a 4/4 time signature. The second staff has a bass clef. The music features a rhythmic pattern of eighth notes and rests.