

Into The Groove

I - Journey to GROOVE ZERO

A) Play Hi - Hat with the right stick on every beat (quarter note)

A musical staff in 4/4 time with a treble clef and a key signature of one flat. The staff contains four quarter notes, each with a hi-hat symbol (an 'x' above the notehead) indicating the right stick. The notes are on the middle line of the staff. Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. The staff ends with a double bar line and repeat dots.

B) Play the Snare Drum with the left stick on beats 2 and 4

A musical staff in 4/4 time with a treble clef and a key signature of one flat. The staff contains four quarter notes. The notes on beats 2 and 4 have a snare symbol (a 'z' above the notehead) indicating the left stick. The notes on beats 1 and 3 are plain quarter notes. Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. The staff ends with a double bar line and repeat dots.

C) play A and B in the same bar

A musical staff in 4/4 time with a treble clef and a key signature of one flat. The staff contains four quarter notes. The notes on beats 1 and 3 have a hi-hat symbol (an 'x' above the notehead), and the notes on beats 2 and 4 have a snare symbol (a 'z' above the notehead). Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. The staff ends with a double bar line and repeat dots.

D) Play Bass Drum with your right foot on beats 1 and 3

A musical staff in 4/4 time with a treble clef and a key signature of one flat. The staff contains four quarter notes. The notes on beats 1 and 3 have a bass drum symbol (a 'b' above the notehead) indicating the right foot. The notes on beats 2 and 4 are plain quarter notes. Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. The staff ends with a double bar line and repeat dots.

E) Play A + D and then B + D in the same bar

Two musical staves in 4/4 time with a treble clef and a key signature of one flat. The first staff contains four quarter notes on the middle line, each with a bass drum symbol (a 'b' above the notehead) indicating the right foot. Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. The second staff contains four quarter notes on the middle line. The notes on beats 1 and 3 have a hi-hat symbol (an 'x' above the notehead), and the notes on beats 2 and 4 have a snare symbol (a 'z' above the notehead). Below the staff, the numbers 1, 2, 3, and 4 are centered under each beat. Both staves end with a double bar line and repeat dots.

F) play snare, hi- hat and bass drum in the same bar and you have GROOVE ZERO !

7

II - Add eight notes and get GROOVE 1

A) With your right hand, alternate quarter and eighth notes. Make sure tempo is even, count out loud helps!

8

1 2 3 4 1 & 2 & 3 & 4 &

B) Add Snare on 2 and 4 (play the two bars seperately if needed)

10

1 2 3 4 1 & 2 & 3 & 4 &

C) Add Bass Drum on 1 and 3 (play the two bars seperately if needed)

12

1 2 3 4 1 & 2 & 3 & 4 &

D) Play complete GROOVE 1. Try different speed along with a metronome (suggested: 60, 70, 90, 100, 120 BPM)

14

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

III ADD CRASH CYMBAL

A) Simply play crash cymbal instead of Hi Hat on the first beat of the bar (the "one")

16

1 & 2 & 3 & 4 &

B) Play Crash on beat one every TWO bars

17

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

C) Play Crash on beat one every FOUR bars

19

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

IV Switch to ride

A) Simply play Ride cymbal instead of Hi Hat on the whole bar

23

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

B) Play four bars (section A) of Groove 1 on Hi Hat, then four bars on the Ride (Section B)

24

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

28

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

C) Repeat the exercise with Crash Cymbal at the beginning of each section

32

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

36

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

V FILLS

Play the following fill, first only with right hand and then with both hands (R-L)

40

Snare Tom1 Tom2 Tom3

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

VI GROOVE + FILL (play with both stickings)

41

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

VII: CYCLE OF 4

A) Three bars groove, one bar fill. Crash on first beat

43

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

B) Cycle of 4 x 2 (second time on ride cymbal)

47

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

51

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

VIII

Fill in 8th and 16th notes

55

1 & 2 & 3 & 4 & 1 e & a 2 e & a 2 e & a 4 e & a

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

IX

Cycle of 4 with new fill

57

X: SONG FORMULA

61

Crash Groove on HH, 3 Bars

Drum fill, 8th notes

Detailed description: This musical notation block covers measures 61 through 64. The top staff is a drum staff with a treble clef and a key signature of one flat. It features a groove consisting of a crash (marked with an asterisk) followed by a hi-hat (HH) pattern of eighth notes. The bottom staff is a bass staff with a bass clef and a key signature of one flat, showing a simple bass line of quarter notes. The final bar of this section (measure 64) includes a drum fill of 8 eighth notes.

65

Crash Groove on Ride 3 bars

Drum fill, 16th notes

Detailed description: This musical notation block covers measures 65 through 68. The top staff is a drum staff with a treble clef and a key signature of one flat. It features a groove consisting of a crash (marked with an asterisk) followed by a ride cymbal pattern of eighth notes. The bottom staff is a bass staff with a bass clef and a key signature of one flat, showing a simple bass line of quarter notes. The final bar of this section (measure 68) includes a drum fill of 16th notes.