

6/8 Grooves

www.sauthedrummer.com

*Let's do the Double Paradiddle to warmup first! **Observe the accents, play all the accented notes with full strokes and unaccented note as ghost notes!**

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

*Now move your right hand on Hi Hat or Ride Cym. and add the Bass Drum, it becomes an Afro-Cuban type of groove, simple enough, right? **Check out my demonstration video from the #01 link the Lessons/Demo page.**

*This is another example to play a 6/8 groove, **check out the #03 link from my lessons/Demo page to see how I demonstrate it in a Nu-Metal song "Toxicity by System Of A Down".**

More exercises and drumming concepts coming up! Enjoy practicing! Music is the best! Sau