

CONTROL STROKE

**#1**  $\square \frac{4}{4}$

R L R L | R r L l R r L l | R L R L | R l r L r l R l r L r l | R L R L  
 R r r L l l R r r L l l | R L R L | R l r r L r l l R l r r L r l l | R

SANFORD DOUBLE BEAT

**#2**  $\square \frac{4}{4}$

R ... | L ... | R ... | L ... | R ... | L ... | R ... | L ... | R  
 L ... | R ... | L ... | R ... | L ... | R

TRIPLEBEAT GRID

**#3**  $\square \frac{4}{4}$

R ... | L | L ... | R R  
 R... | L L L | L ... | L ... | L ... | L ... | L ... | L ... | R R  
 R ... | L | L ... | R R  
 R... | L L L | L ... | L ... | L ... | L ... | L ... | L ... | R

Variation: Switch hands for each triple beat.

METRIC MODULATIONS

**#4a**  $\square \frac{4}{4}$

3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | R

**#4b**  $\square \frac{4}{4}$

3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | 3 3 | R

Variations: 1- Diddle all triplets, 2- Diddle all eighth notes, 3- Diddle everything