

Paradiddle Groove

So start by doing a single paradiddle between the Hi Hat and the snare. Start slow and speed up gradually. You can count this 1e&a 2e&a etc if you want.

A

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

B Now lets add the bass drum.

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

C Now add the accents. This will help us develop two levels of sound.

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

D Now try getting the bass drum going on 1 ,2 ,3 and 4. (Four on the floor)

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

E Try adding a crash cymbal on the first beat.

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

F We can add some extra bass drum hits.

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