

Table of Contents

CD Track List	6
Introduction	8
1 Notes per bar	9
♦ Tune 1: <i>Sleep Walk</i>	11
2 22 Rhythms	15
♦ Tune 2: <i>Wine Tasting</i>	17
3 Eighth-note rhythms	29
4 Playing five consecutive eighth notes	32
♦ Tune 3: <i>Together Alone</i>	35
5 Playing six consecutive eighth notes	38
♦ Tune 4: <i>It's No One But You</i>	41
6 Playing seven consecutive eighth notes	44
7 Playing three consecutive eighth notes	47
8 Playing two consecutive eighth notes	50
9 Triplet groupings	51
♦ Tune 5: <i>It Happened</i>	53
10 Five consecutive eighth-note triplets	56
11 Six consecutive eighth-note triplets	58
12 Seven consecutive eighth-note triplets	60
13 Three consecutive eighth-note triplets	62
14 Mixing up different groups of consecutive eighth notes	64
15 Consecutive 16th notes	65
16 Hemiolas	66
♦ Tune 6: <i>Into Somewhere</i>	68
17 5/4 rhythms over 4/4	72
18 7/4 rhythms over 4/4	74
19 6/4 rhythms over 3/4	77
♦ Tune 7: <i>Come and Gone</i>	78
20 In the pocket	80
♦ Tune 8: <i>One Heart</i>	82
21 Half-time quarter-note triplet feel	85
22 Time zones (polyrhythms)	87
♦ Tune 9: <i>Twinkle Twinkle</i>	91