

DOUBLE STROKE OPEN ROLL

Track 2 Progressive Tempo ♩ = 66-170-66
Track 28 Practice Tempo

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

Follow the ascending melody with alternating right and left sticks. You can actually start just by playing the eighth notes in preparation for the rudiment. When you are comfortable with the eighth notes, just add the double in every stroke.

Preparatory Exercise:

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

It is important to play the strokes very evenly. This is why the track sounds somewhat mechanical. You should have machine precision in your strokes.

As the track accelerates, it is important to get a lift of the sticks, so that your strokes don't become buzzes. You should hear every sixteenth note.



If you are using the bounce technique, the tips of your sticks should be hovering around 24 inches above your pad or the drumhead. This is an exaggerated motion, but it will help you get more lift on the sticks, resulting in a clean execution. Your wrists should be moving with the eighth notes.

As you get into the groove of the double stroke and the speed increases, you can add accents like this:

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

Go to track 28 if you need to practice at a steady tempo.