

Groove & Fill #1



Step 1: Loop (repeat) this measure until it becomes comfortable.
This is the groove.



Step 2: Play the groove three times. Then on the 4th measure just count out loud to 4. Loop it until it's comfortable.



Step 3: Loop this measure until it becomes comfortable and memorized.
This is the fill.



Step 4: Combine them both. 3 measures of groove + 1 measure fill.
Then repeat.