

Graeme Francis - Stick Control

3. Shuffle/Swing Constants

Workout: double strokes; shuffle pattern; coordination of both hands playing at the same time

One hand plays all the eighth notes in the measure, swung: the other hand plays only the notes written in the exercise. Shuffle, or swung eighth notes (the same thing for our purposes) should be played as the first and third parts of a triplet:

1 + 2 + 3 + 4 + = 1 + 2 + 3 + 4 +
 (1 - tri - plet 2 - tri - plet 3 - tri - plet 4 - tri - plet)

Look back to Exercise #1 - alternating R/L hands. With the shuffle constant in the RIGHT Hand, play the LEFT hand rhythms. In the notation below, notes with stems up are to be played with the right hand, and notes with stems down are to be played with the left. Notes with stems going both up and down are played with BOTH hands.

Exercise #1 is written like this:

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

If you're doing RH constants, #1 is played like this**

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

Exercise #2 is written like this:

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

If you're doing RH constants, #2 is played like this:

1 R L 2 R L 3 R L 4 R L 1 R L 2 R L 3 R L 4 R L

Skipping ahead to Exercise #17**

1 R L 2 R L 3 R L 4 R L 1 R L 2 R L 3 R L 4 R L

And #32

1 R L 2 R L 3 R L 4 R L 1 R L 2 R L 3 R L 4 R L

Of course, develop your left hand shuffle as well by playing the shuffle constant in the left hand:

Exercise #1 with LH constants:

1 R L 2 R L 3 R L 4 R L 1 R L 2 R L 3 R L 4 R L

Exercise #17 with LH constants:

1 R L 2 R L 3 R L 4 R L 1 R L 2 R L 3 R L 4 R L