

16th Note Kick Grooves with changing sticking

Start off slow and build up speed gradually

The Musiclab

♩ = 100

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

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

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

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

Fill

Alternate Fill

Alternate Fill

Alternate Fill