

Ghost Note Workout Groove

By Alex Ribchester

In this week's lesson we have got a nice little workout for your left hand (assuming you are right handed...) The idea is to cram as many ghost notes into the groove as possible while maintaining a steady groove at the same time. Below is a breakdown of beats 1&2, beats 3&4 with each alternative ending and finally the two bar loop played on the ride cymbal with the right hand shifting between the bell and the ride.

Beats 1 and 2

Beats 3 and 4 - First Ending

Beats 3 and 4 - Second Ending

Bar 1

Bar 2

Two Bar loop played on the ride/bell