

Short Short Long Double Beat

Practice at all volumes and at various tempi while marking time
This is a variation on a classic, you may see many more variations on this idea out there

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Two's

R ... L ... R ...
L ... R ... L ...

Three's

R ... L ... R ...
L ... R ... L ...

Four's

R ... L ... R ...
L ... R ... L ...

Five's

R ... L ... R ...
L ... R ... L ...

B ...

B