

Double Bass Development-Lesson 2

16th Note and 8th Note Triplet "Mirrored Grooves"

O' yah ya'll, time to get our groove on! I'm sorry, I'll stop now.
But it is time to start developing a vocabulary of Double Bass Grooves.

The quickest way to develop control and confidence with Double Bass grooves is to feel comfortable leading with your right and your left foot. Traditionally, the right foot was always assigned to playing just the 8th Notes and the left foot would play all of the "e's" and "ah's", the up-beat 16th Notes.

The "Mirror System" is designed so that you give each foot equal attention, regardless where the phrase begins. The Mirror System is a 2 bar groove that is rhythmically identical but, the footings are reversed in the second bar. The only "rule" is to always alternate your feet-never double-up. This will greatly enhance the development and control of your "weaker" limb.

□ The following are grooves that are taken out of my book "Double Bass Drumming, The Mirrored Grooves System". Make sure each foot is dynamically equal. Play to a metronome or click. Count out loud. Have fun. Repeat, repeat!

Groove Warm-Ups

A B

Mirrored Grooves

#1

#2

#3

#4

#5

#6

#7

#8