

HAND FOOT COORDINATION

ROMAN ROTH

PRACTICE WITH CLICK-TRACK! START AT $\text{♩} = 60$ AND BUILD UP SPEED SLOWLY. FIRST, PLAY THE SNARE WITH YOUR RIGHT HAND, THEN WITH YOUR LEFT. REPLACE THE BASSDRUM WITH THE HI-HAT. PLAY EVERY MEASURE 8 TIMES FIRST. WHEN YOU FEEL COMFORTABLE GO DOWN TO 4X, THEN TO 2X. HAVE FUN.

