



WARM-UP

VELOCE

RIPETERE OGNI BATTUTA 2 VOLTE - METRONOMO DA 60 A 100 BPM

Drum notation for a warm-up exercise. The exercise consists of 16 measures, arranged in two columns of 8 measures each. Each measure contains a rhythmic pattern of eighth notes and a corresponding sequence of 'R' (Right) and 'L' (Left) foot indicators. The patterns are as follows:

Measure	Rhythm	Foot Sequence
1	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
2	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
3	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
4	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
5	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
6	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
7	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
8	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
9	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
10	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
11	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
12	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
13	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
14	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
15	Quarter, Quarter, Quarter, Quarter	R L R L R L R L
16	Quarter, Quarter, Quarter, Quarter	R L R L R L R L

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