

1) WARMUPS: (R L R L R R | L R L R L L |)

2) Alternating Singles AND Doubles:

(R L R L R L R L | R R L L R R L L |)

3) With A ride pattern

Singles: (x x x x || x x x x)

Doubles: (x x x x || x x x x)

4) AS A Two-Beat Fill

A: (--- | x x x x)

B: (--- | x x x x)

5) As Triplets (Three's inside 4's)

(x x x x x x x x | x x x x)