

# R L L 16th note flow development

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♩ = 100

## Exercise 1 - Singles into R L L flow

R L R L R L R L R L R L R L R L R L L R L L L R L L R 8x

## Exercise 2 - Doubles into R L L flow

R L R L R R L L R R L L R R L L R L L R L L L R L L L R L L L R 8x

## Exercise 3 - Displaced Doubles into R L L flow

L R R L L R R L L R R L L R R L R L L R L L R L L R L L R L L L R L L L R 8x

## Exercise 4 - Four Toms R L L flow

R L L R L L R L L L R L L L R L L L R L L R L L R L L R L L L R L L R L

L R L L R L L R L L L R L L L R L L L R L L R L L R L L L R L L L 6x

## Exercise 5 - R L L 16th note into Triplet feel

R L L R L L R L L L R L L L R L L R L L R L L R L L R L L L R L L R L L L R L L L 6x

## Exercise 6 - R L L Flow with dotted 8th kick (3/2 Poly')

R L L R L L R L L L R L L R L L R L L L R L L R L L L R L L L R L L L R L L L R L L L 6x

R L L R L L R L L L R L L R L L R L L L R L L R L L L R L L L R L L L R L L L 6x

R L L R L L R L L L R L L R L L R L L L R L L R L L L R L L L R L L L R L L L 6x