

# Lesson 29

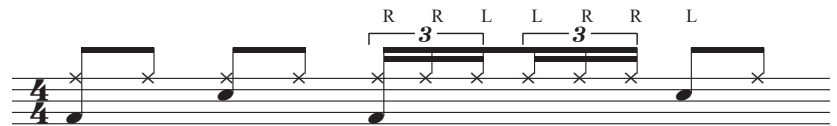
## The Seven Stroke Roll

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Hello and welcome. After looking at the 5 stroke roll in last month's issue we are now going to work on the 7 stroke roll together with ways in which we can incorporate this rudiment into grooves and fills. Exercises 1 to 3 focus on the sticking and building up the speed of the rudiment. Exercises 4 and 5 add the 7 stroke roll on the hi hats to an 1/8th note groove and in exercises 6, 7 and 8 we take a look at some fills.

### Ex 1

We begin by practising the sticking - we use a double stroke technique i.e. RRLL to play the roll. The 7 stroke roll is played in a triplet form, so I have used 1/8th note triplets to begin with as this makes it easy to count and you can concentrate on your technique. Start at 70bpm making your way up to 140bpm and make sure you practice both stickings.



### Ex 2

Here we see the 7 stroke roll written as 1/16th note triplets - its most commonly used form. In this exercise the roll both starts and finishes "on" the beat. As we are now playing 1/16th note triplets, go back to 70bpm and make your way back up to 100bpm.



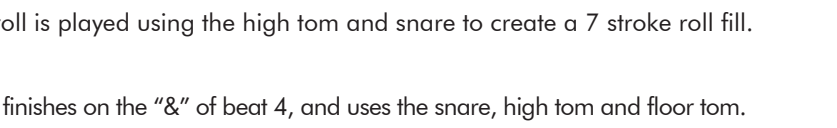
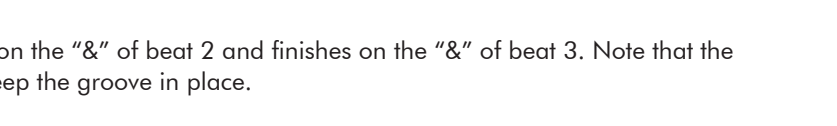
### Ex 3

In this exercise we both start and finish the roll "off" the beat. To help keep a steady pulse I have added an extra R on beat 1 and L on beat 2. The brackets are there just to help you see where the roll begins and ends as it may not be as obvious with the added beats.



### Ex 4

This is an example of how we can use the 7 stroke roll within a groove. Here we have a basic 1/8th note groove played with right hand on the hi-hats and left hand on the snare. The roll starts on beat "3" and finishes on beat "4". Note that the last beat of the 7 stroke roll is played on the snare - as this is the 4th beat of the bar the snare needs to be played to keep the groove in place. Reverse stickings for left-handed players as usual.



### Ex 5

Here is another example; in this exercise the roll starts on the "&" of beat 2 and finishes on the "&" of beat 3. Note that the bass drum falls on beat 3 in the middle of the roll to keep the groove in place.

### Ex 6

This is rhythmically the same as ex 4, but this time the roll is played using the high tom and snare to create a 7 stroke roll fill.

### Ex 7

In this example the 7 stroke roll starts on the "&" of beat 3, finishes on the "&" of beat 4, and uses the snare, high tom and floor tom.

### Ex 8

So far both of the fills have lead with the right hand. This was only to make it easier to move around the kit, so let's try a combination of drums that works better leading with the left hand. In this example the roll starts on the "&" of beat 1, finishes on the "&" of beat 2 and plays the high tom, snare and floor tom.

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