

GET IN THE GROOVE

with Victoria Vox

Rhythm 101:

4/4 time means: 4 beats to a measure & quarter note gets the beat

whole note
1 (hold 2, 3, 4)

half notes
1(2) 3(4)

quarter notes
1 2 3 4

4 eighth notes
1 + 2 + 3 + 4 +
D U D U D U D U

sixteenth notes
1 e + a 2 e + a 3 e + a 4 e + a
D U D U D U D U D U D U D U

6 **Reggae Ex. 1: fast four beat count, play on 2+ 4+**

tap 2 + tap 4 + tap 2 + tap 4 + tap 2 + tap 4 + tap 2 + tap 4 +
D D U D D U D D U D D U D D U D D U D D U D D U D D U D

10 **Reggae Ex. 2: slow four beat count, play on +a, +a, +a, +a. (tap is downward motion)**

tap + a tap + a tap + a tap + a tap + a tap + a tap + a
D D U D D U D D U D D U D D U D D U D D U D D U D

12 **Calypso / Pop / Folk: beat 3 is silent, however, still use downward motion in between UPS.**

1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 +
D D U ___ U D U D D U ___ U D U D D U ___ U D + D D U ___ U D U

16 **Calypso w/ 2 finger (Index / Thumb) Roll Down on beat 2**

1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 +
D RD U ___ U D U D RD U ___ U D U D RD U ___ U D + D RD U ___ U D U

Pop / Rock w/ Chunk (1/8 note feel): (same as Calypso, but Chunk on beat 2 + 4 back beat)
Also, use thumb nail to strum UP (if possible).

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1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 +
 D DX U ___ U DX U D DX U ___ U DX U D DX U ___ U DX U D DX U ___ U DX U

24 **Jazz (w/ left hand muting):**

1 2 3 4 etc. _____
 D D D D etc. _____

28 **Rock / Blues (i.e. Proud Mary): straight eighth notes**

1 + 2 + 3 + 4 + etc. _____
 D U D U D U D U etc. _____

32 **Swing Ex. 1: 1/8 notes are now SWUNG! Play it slow, and you've got Doo-Wop!**

1 + 2 + 3 + 4 + etc. _____
 D U D U D U D U etc. _____

36 **Swing Ex. 2 (with light chunk): just like the Pop / Rock strum, but SWUNG!**

1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 + 1 2 + ___ + 4 +
 D DX U ___ U DX U D DX U ___ U DX U D DX U ___ U DX U D DX U ___ U DX U

40 **Bluegrass Ex. 1: Little, Big, Little Big Strum (choo choo train) 1/8 notes with accent on 2 + , 4 +**

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +
 D U D U D U D U D U D U D U D U D U D U D U D U D U D U D U D U

Bluegrass Ex. 2: 1/16 notes with accent on + a , + a , + a + a

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a
 D U D U D U D U D U D U D U D U D U D U D U D U D U D U D U D U

Ska! Think the Mighty Might Bosstones, the Specials, Less Than Jake, No Doubt...etc!
Use your thumb nail on all the UPS, and mute the strings on the DOWN.

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+ + + + etc. etc.
 U U U U

DIFFERENT TIME SIGNATURES

3/4 time means: 3 beats to a measure & quarter note gets the beat
Try plucking the notes for an OPERA / CLASSICAL vibe by alternating the
THUMB (TH) on C & G strings (, and using the Middle/Ring on E & A strings (together)

50

1 2 3 1 2 3 1 2 3 1 2 3
 TH M/R M/R TH M/R M/R TH M/R M/R TH M/R M/R

6/8 time means: 6 beats to a measure & eighth note gets the beat
This has a "swaying feel" in 2.

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1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6
 D U D D U D D U D D U D D U D D U D

Do-Wop

12/8 time means: 12 beats to a measure & eighth note gets the beat (like Earth Angel or At Last)
This has a "slow 4" feel.

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1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12
 D U D D U D D U D D U D D U D D U D D U D