

Single Stroke Roll: Alternating Lead, Bounce Workout



This is a great exercise for developing the single stroke roll. It works on your ability to play the rudiment both right and left lead. Strive to achieve a smooth and consistent bounce technique in either French or German grip position. French grip (thumbs up) will rely more on your fingers to keep the sticks rebounding, while German (palms down) will involve more of the wrist.

If you'd like to play the single stroke roll for a longer stretch, feel free to extend these exercise as needed.

1) R L R L R L R L R L R L R L R R R R L L L L

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

2) R L R L R L R L R L R L R L R L R L R L R R R L L L R R R L L L

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