

Double Stroke Drum Rolls

Cheat Sheet

Avron Polakow

Set metronome to tempo. All the rolls are to be played on the first 3 beats of the bar in 4 at the same tempo!!
Note which rolls alternate leading hand (5,9,13) from left to right hand and which do not (7,11,15).

♩ = 140

5-stroke - alternates

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

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

7-stroke - does NOT alternate

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

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

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

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

9-stroke - alternates

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

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

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

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

11-stroke - does NOT alternate

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

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

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

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

13-stroke v.1 (2x6 + 1) - alternates

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

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

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

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

13-stroke v.2 (3x4 + 1) continued

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

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

Double Stroke

Drum Rolls - Advanced

Set metronome! All the rolls are to be played on the first 3 beats of a 4/4 bar at fixed tempo!!

Combinations

5 + 7-strokes - alternate

5 + 9-strokes - do not alternate

7 + 9-strokes - alternate

.... try other combinations of your own

5-Stroke - moving the accent

5-Stroke displacement with single note accented

5-Stroke displacement with 1st note accented

Continuous combinations