

# Afro 6/8 coordination exercise

understanding the 3/4 pull

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## 1. Play and count out loud:

Exercise 1 consists of two musical staves. The first staff is labeled 'RH/bell' and is in 6/8 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1' and '2'. The second measure has two eighth notes with accents, labeled '1' and '2'. The second staff is also labeled 'RH/bell' and is in 3/4 time. It contains two measures of music. The first measure has three eighth notes with accents, labeled '1', '2', and '3'. The second measure has three eighth notes with accents, labeled '1', '2', and '3'.

## 2. Play each exercise several times, in the following order, then proceed to the next line without stopping:

Exercise 2 consists of three lines of musical notation. The first line is labeled 'RH/bell' and 'LH/snare' and is in 6/8 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '2, 4'. The second line is labeled 'RH/bell' and 'bass' and is in 3/4 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '2, 4'. The third line is labeled 'RH/bell' and 'hihat/foot' and is in 3/4 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '2, 4'.

## 3. Play each line in the following order:

Exercise 3 consists of three lines of musical notation. The first line is labeled 'RH/bell', 'LH/snare', and 'hihat/foot' and is in 3/4 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '2'. The second line is labeled 'RH/bell', 'LH/snare', and 'bass' and is in 3/4 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '4'. The third line is labeled 'RH/bell', 'hihat/foot', and 'bass' and is in 3/4 time. It contains two measures of music. The first measure has two eighth notes with accents, labeled '1, 3, 5'. The second measure has two eighth notes with accents, labeled '4'.

*No stopping between exercises, no stopping between lines!*