

# Afro 6 warmups

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1

RH / cym  
LH / snare  
bass  
hi-hat/foot

RLL

2

Alternating - R

3

Alternating L

4

RLR

5

LRR

6

LRL

7

Paradiddle-diddle - R

8

Paradiddle-diddle - L

10

Double paradiddle - R only

11

Double paradiddle

13

Alternating R / L

14

Optional feet: