



## LICK USED FOR STOPS & SET-UPS

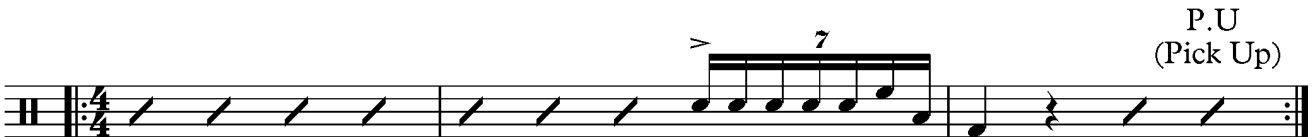
### EX.01

The sticking for this lick is based around a six-stroke roll. It has eight notes, seven in the hands and one in the foot.



### EX.02

In this example we are using the lick to create a stop on beat one. Play two bars of time (groove) and play the lick starting on beat four of the second bar, finishing on the 'one'. You can then play a pick up (fill) to repeat back to the beginning at the end of bar three.



### EX.03

In this example I'm playing our lick to set up a push or hit. In this exercise the push is on 'four and' with the lick being played on beat 3 finishing on beat 4.

