

Hands n Feet

♩ = 90, 100, 110

Amir Oosman

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Dr.

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Dr.

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Dr.

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Dr.

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Dr.

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Dr.

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Dr.

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Dr.

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Dr. 

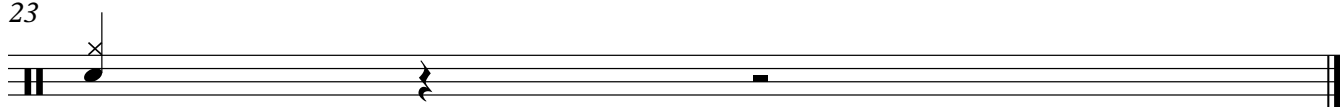
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Dr. 

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Dr. 

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Dr. 

Variation 1: Accent RH Downbeats

Variation 2: Accent RH Upbeats

Variation 3: Voice all kick doubles as Rfoot/Lfoot & vice versa

Variation 4: Accent all Single note LH / ghost note all LH doubles & vice versa

Variation 5: Make all single LH notes a rim click / all double LH notes on snare

once comfortable, learn entire exercise open-handed with LH as HH part