

# Rolling Exercise 1

## Buzz in Time

**A**

R L R L Full Strokes    R L R L Buzz Strokes    L R L R Full Strokes    L R L R Buzz Strokes

5

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

9

R L R L    R L R L    9 Stroke Roll

11

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

14

How it Looks: 5 Stroke Roll on the beat

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

18

How it Looks: 5 Stroke Roll off the beat    How it Looks:

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

22

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

26

7 Stroke Rolls in triplets

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

30

7 Stroke Roll 16th form

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