

MAGIC SIX STROKE FLOW

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Start at BPM ♩ = 60

MOVE PARTS OF THE 6 STROKE ROLL AROUND TO CREATE MAGIC STICKING FLOW.

STANDARD 6 STROKE ROLL CAN BE THOUGHT OF AS TWO 3 NOTE PATTERNS

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

REVERSE 6 STROKE ROLL CAN ALSO BE THOUGHT OF AS TWO 3 NOTE PATTERNS

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

MIX THE PATTERNS UP TO CREATE STICKING FLOW

EX 1

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

EX 2

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

EX 3

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

EX 4

R R L R R L

EX 5

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

EX 6

R L L R L L