

Groovin' with a Samba Foot



This lesson explores some ideas for accented hand patterns against the samba foot pattern. This is a great foot workout to build strength and endurance.

CUT-TIME NOTATION

This rhythm is notated in cut-time to make it easier to read.

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TWO-FOUR NOTATION

This is how it looks notated in two-four.

FOUNDATIONAL HAND PATTERN

ACCENTED HAND PATTERNS

Groovin' with a Samba Foot (cont.)



Use this sheet to explore your own accent patterns. The more you experiment, the more you'll learn. You'll also improve your coordination, strength and endurance along the way.

DIRECTIONS: Write your own accent patterns to the samba-foot beats below, and then play them.

1

2

3

4

5

6

7