

Body Percussion



SKINS

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Guide sounds

Claps Clicks Slaps Stamps

Cupped hand-clap Fist and open palm Open hand-clap Finger clicks Slap on chest (R or L) On knees R L

The 'Guide sounds' section consists of four musical staves on a single line. The first staff is labeled 'Claps' and contains three notes: a quarter note with an upward-pointing arrow (Cupped hand-clap), a quarter note with a downward-pointing arrow (Fist and open palm), and a quarter note with an 'x' above it (Open hand-clap). The second staff is labeled 'Clicks' and contains one note: a quarter note with an 'x' above it (Finger clicks). The third staff is labeled 'Slaps' and contains two notes: a quarter note with an upward-pointing arrow (Slap on chest) and a quarter note with a downward-pointing arrow (On knees). The fourth staff is labeled 'Stamps' and contains two notes: a quarter note with an upward-pointing arrow (R) and a quarter note with a downward-pointing arrow (L).

Groove A

♩=120 R L

Groove A is a 4/4 measure piece in 4/4 time with a tempo of 120. It consists of two measures. The first measure contains: a quarter note (R), a quarter note (L), a quarter rest, a quarter note with an upward-pointing arrow, a quarter note with a downward-pointing arrow, and a quarter rest. The second measure contains: a quarter rest, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note (R), a quarter note (L), a quarter note with an upward-pointing arrow, a quarter note with a downward-pointing arrow, and a quarter rest. The piece ends with a double bar line and repeat dots.

Groove B

♩=120

Groove B is a 4/4 measure piece in 4/4 time with a tempo of 120. It consists of four measures. The first measure contains: a quarter note (R), a quarter note (L), a quarter note with an upward-pointing arrow, a quarter note with a downward-pointing arrow, and a quarter rest. The second measure contains: a quarter note with an upward-pointing arrow (R), a quarter note with a downward-pointing arrow (L), a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an upward-pointing arrow, and a quarter note with a downward-pointing arrow. The third measure contains: a quarter note (R), a quarter note (L), a quarter note with an upward-pointing arrow, a quarter note with a downward-pointing arrow, and a quarter rest. The fourth measure contains: a quarter note with an upward-pointing arrow (R), a quarter note with a downward-pointing arrow (L), a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an 'x' above it, a quarter note with an upward-pointing arrow, and a quarter note with a downward-pointing arrow. The piece ends with a double bar line and repeat dots.