

4 BAR PARADIDDLE & HERTA EXERCISE

BY ALEX RIBCHESTER

BELOW IS A BREAKDOWN OF VIDEO LESSON #315

MEASURE 1 - PARADIDDLES

4/4

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

MEASURE 2 - HERTAS

2

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

MEASURE 3 - PARADIDDLES - LEFT LEAD

3

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

MEASURE 4 - INVERTED HERTAS

4

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

4 BAR SEQUENCE

5

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

7

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