First get comfortable with our sticking, which consists of a standard paradiddle, a paradiddle inversion, a few single strokes and two double strokes.

Now revoice the sticking, placing the hands on two different sound sources. You might try left hand on the hi-hat; right hand on a cowbell or ride cymbal. I like placing the right hand on a second auxiliary hi-hat.

Add some bass drum . . .

. . . and then snare. Perhaps on the 'ah' of beat 3.

Or the 'e' of beat 3.

Let's combine those two snare variations and create a two-measure phrase.

And finally, for the bonus round, get the left foot involved on a pedal-mounted cowbell or 'Jam Block,' playing a 2-3 Son clave rhythm- have fun!