Floubles

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This is Part Two in a series applying common sticking patterns to the drumset in a triplet feel. After playing each sticking with our hands, and adding the other available limbs in on the downbeats, we are 'flipping' the stickings around to all possible limb combinations. The last lesson focused on 'Fliplets'- playing the triplets with limbs alternating (single-strokes): RLRL

Let's revisit those same limb combinations, this time playing the triplet subdivisions with double-strokes. 'Floubles!'

Our hands will start- RRLRRLRL . . .
We'll play right hand on the ride cymbal and left hand on the snare drum.

Now play right foot/bass drum on every beat.

Instead of bass drum, let's play left foot/hi-hat on every beat.

It's time to ‘flip’ our triplet around and play it with our feet- doubles between the bass drum and hi-hat.

Add in the right hand on the ride cymbal.
Omit the ride and play left hand/snare drum.

Flip again: double-stroked triplets between both right limbs (ride cymbal and bass drum).

Play every beat with the left hand/snare drum.

Then with left foot/hi-hat.

Flip it all over to the left limbs (snare drum and hi-hat).

Add in right hand/ride cymbal.

Switch to right foot/bass drum on every beat.
Now play the 'Floubles' between the right hand/ride cymbal and left foot/hi-hat. Cross-coordination!

With right foot/bass drum.

With left hand/snare drum.

I'll leave you with one final flip (until next time): doubles with left hand/snare drum and right foot/bass drum.

Play right hand/ride cymbal on each beat.

Now left foot/hi-hat.

I'll give you some time to recover from all of that. But don't take too long. 'Parafliplets' are up next!

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