

Warm Ups

Triplet Independence - 1

Combine foot patterns 1 and 2 simultaneously with sticking patterns.

Foot Pattern :

1)

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

2)

2 R L L R L L R L L R L L

Hand Sticking Patterns :

3 R R R L L L R R R L L L

4 R L R L R L R L R L R L

5 R R R R L L L L R R R R

6 L L L L R R R R L L L L

7 R R L L R R L L R R L L

3 3 3 3

8 R L R R L R L L R L R R

3 3 3 3

9 L R L L R L R R L R L L

3 3 3 3