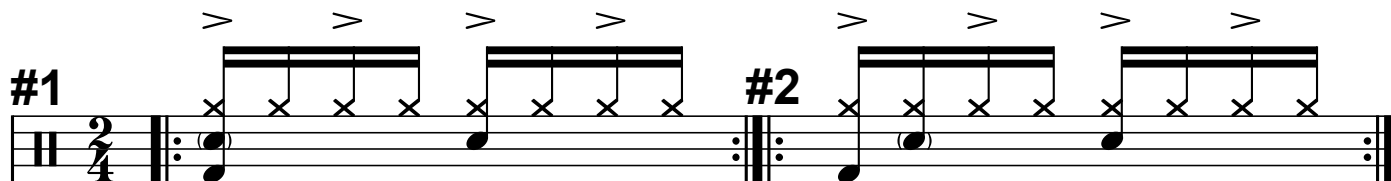
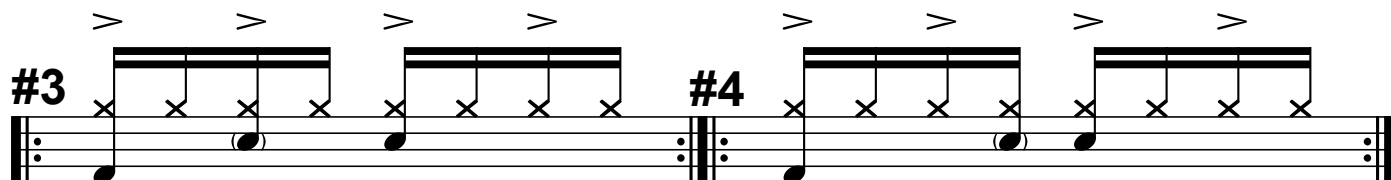
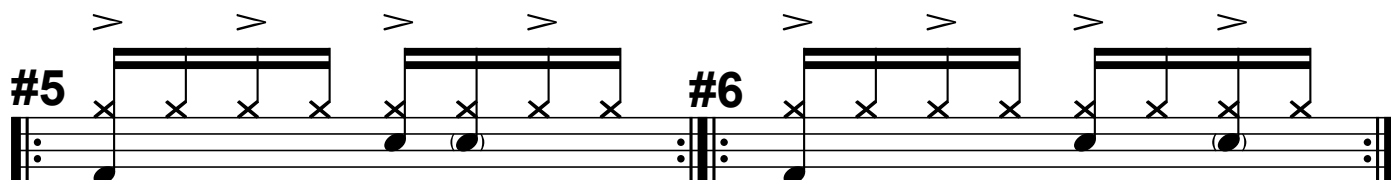
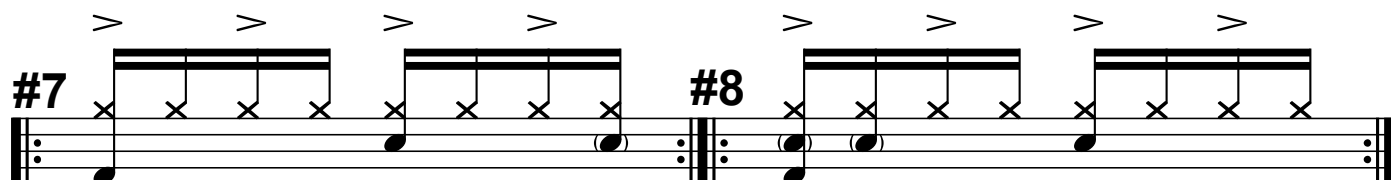


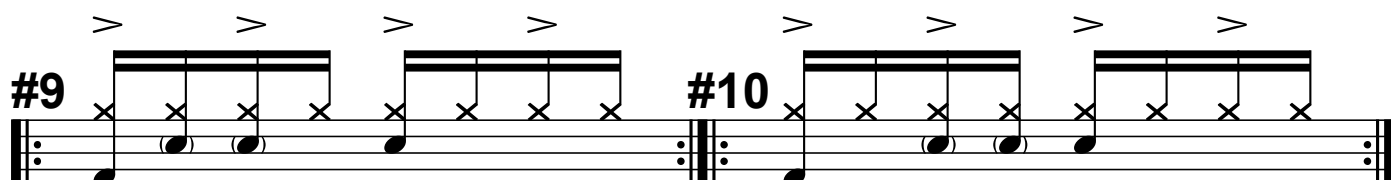
Ghost Notes

#1 

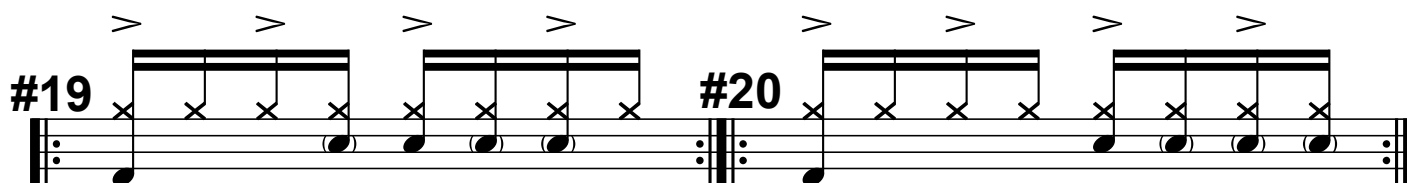
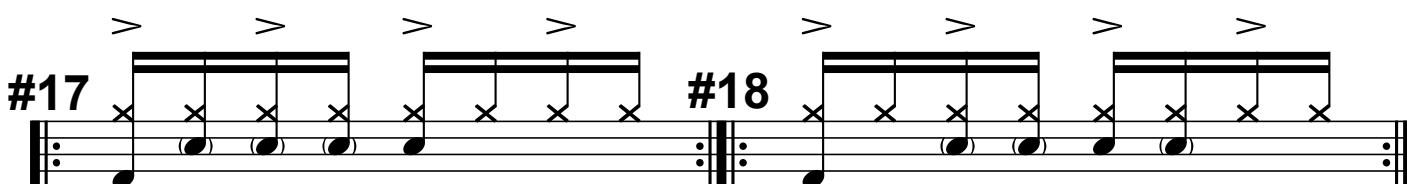
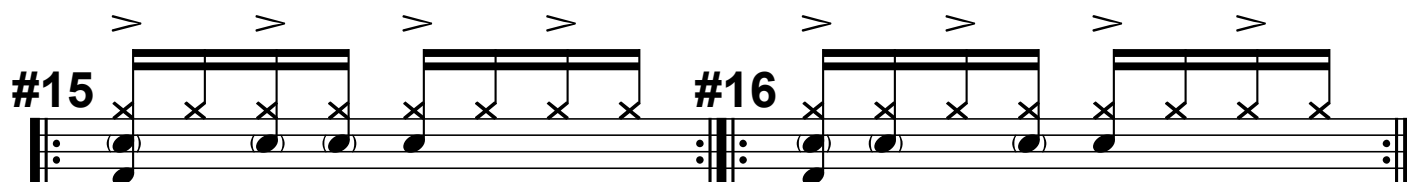
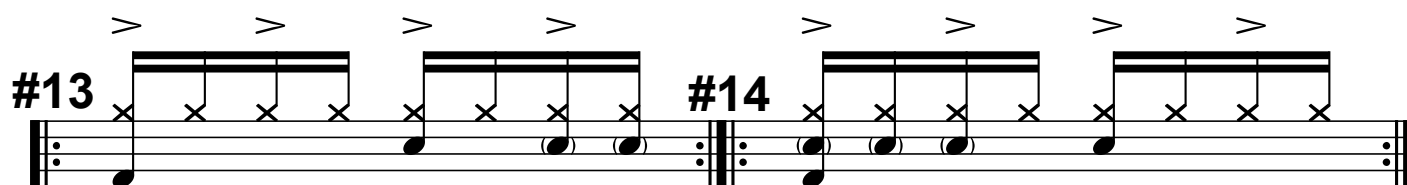
#3 

#5 

#7 

#9 

#11 



Consigli di studio:

- 1) Ripeti ogni esercizio singolarmente 20 volte partendo lentamente (50-60 BPM)
- 2) Suona tutto il workout senza fermarti
- 3) Fallo anche con la pronuncia shuffle
- 4) Cambia ostinato del charleston mantenendo il resto identico
- 5) Varia la figura della cassa mantenendo il resto identico