

# VIDEO LEZIONI CON FRANCO ROSSI

## LEZIONE 69

### ABAKUA' African -Polyrhythm (3:4)

Vedi anche le lezioni n.27# - Clave 6/8 & (Bembè Rhythm) + lezioni n. 65# , 66# , 67# - Poliritmo ( 3:2 - 3:4 )

#### La Tradizione (Poliritmo - Basic Ostinato Abakua')

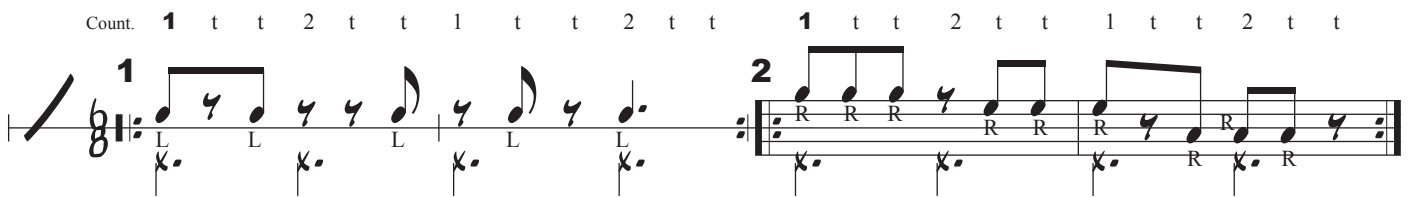
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#### Esercizi Preparatori

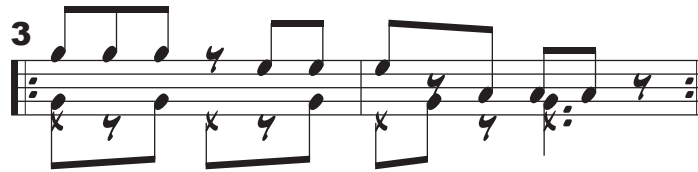
##### Step 1 - Clave $\frac{6}{8}$ (3+2)

##### Step 2 Toms ostinatos poliritmico (3:4)

Count. 1 t t 2 t t 1 t t 2 t t      1 t t 2 t t 1 t t 2 t t

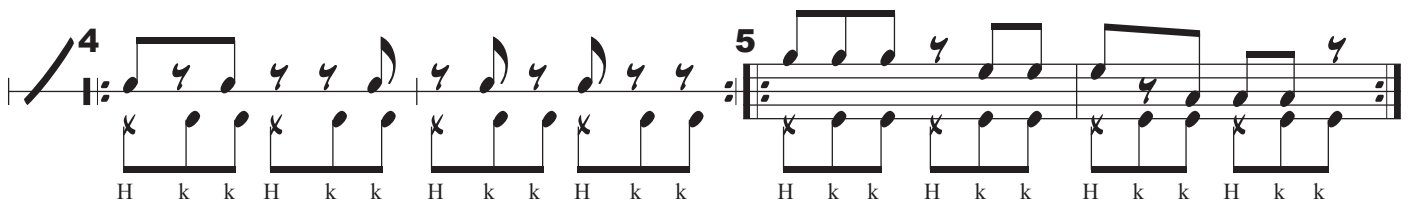


##### Step 3 - Clave + Ostinatos Abakua'



##### Step 4 - Ostinatos Piedi + Clave

##### Step 5 - Ostinatos Piedi + Ostinatos Abakua'



##### Step 6 - Ostinatos Piedi + Clave + Ostinatos Abakua'



**Esercizi e Grooves** -Tratti dai miei Metodi:

Afro Latin & Funk Groove / Evoluzione edizioni **Carisch** / Drum Innovation **cp3**/ Seminari Collection **3**