

# GROOVE WORKSHOP

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Here is the first step, a simple 2 bar chromatic R&B line played to a quarter note click. A good starting tempo is 80bpm, but make sure to eventually drop the tempo all the way down to 40bpm (as well as faster tempos). Focus on nailing your downbeat to the click, as well as feeling the "and" or upbeat eighth note that falls in between the clicks.

1)

finger: 4 1 2 3 4 1 2 3

click:

This time, we shift the pulse over to the upbeat - a totally classic feel in soul, r&b and funk. Stay focused on how your note placement locks in with the downbeat. Use the same range of tempos, slow, fast... half-fast!

2)

Subdivide to the eighth-note triplet level and anticipate each beat on the second beat of each triplet - "ch-KA-da ch-KA-da," etc...

3)

CH KA-DA CH KA-DA ...

Now shift the triplet anticipation to the third beat of the triplet - "ch-ka-Da ch-ka-DA" etc...

4)

CH-KA DA CH-KA DA....

This example displaces the line to the second 16th of each beat (the "e" from "1-e-and-a"). Saying something like "chick-en" will help you internalize the feel, "chick" being the downbeat, and "en" being the "e" where your next note falls.

5)

Now, we displace the line even more by emphasizing the last 16th of the beat (the "a"). Saying "Digachick-A" will help you internalize the placement of the groove.

6)

The next step in your groove development process is to take away one of your "crutches", in this case—the strong beats in the measure 1 & 3. Repeat examples 1 through 8 with the click on the backbeat, (2&4). Spend a good amount of time with this first one, as being comfortable with simply playing quarter notes with a back beat is crucial to your success with the later examples.

7)

With just the 2&4 click, shifting the line to the eighth-note upbeat gets tricky. Make sure you can feel beats 1&3 internally. While it may feel awkward at first, it's like trying to keep a soccer ball in the air with your feet—you kick with one foot, while the other stays on the ground.

8)

Now break up the triplet pulse with the 2 & 4 click. Make sure you can hold the count internally before you start to play.

9)

Get in the groove with your vocalization of the the syllables first, then start working with the line.

10)

Here's where it gets crazy! Use only beats 2&4 for the click, and shift the line to the "e" of each beat. Remember to set the tempo to half of what you used with a straight quarter note click. Have some "chick-en".

11)

Keep the "digachick-a" going in your mind while playing this. Eventually, it will seem natural.

12)