

Chad Wackerman The Murray Spivack Method

Lesson 3: Single Stroke Roll - 15 Minute Exercise

1

0:50 R L R L R L R L R L R L R L R L

Lesson 5: 7-Stroke Roll & 5-Stroke Roll

1 7 Stroke Roll (Right, Left & Alternating)

0:59 R R L L R R L R R L L R R L L L R R L L R L L R L L R

Combine All Measures For Alternate Sticking

2 5 Stroke Roll

7:37 R R L L R L L R R L

Lesson 6: Roll Practice Routine

1 5 Stroke Roll

R R L L R L L R R L

2 7 Stroke Roll (Right, Left & Alternating)



⑩ 1:55 R R L L R R L R R L L R R L

Combine Both Measures For Alternate Sticking



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

3 9 Stroke Roll



⑩ 5:50 R R L L R R L L R L L R R L L R R L



L L R R L L R R L

4 11 Stroke Roll (Right, Left & Alternating)



⑩ 10:35 R R L L R R L L R R L

Combine Both Measures For Alternate Sticking



L L R R L L R R L L R

5 13 Stroke Roll



⑩ 10:59 R R L L R R L L R R L L R L L R R L L R R L



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

6 15 Stroke Roll (Right, Left & Alternating)



⑩ 11:20 R R L L R R L L R R L L R R L

Combine Both Measures For Alternate Sticking



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

7 6 Stroke Roll With Accents (Right, Left & Alternating)



⑩ 11:55 R R L L R L

Combine Both Measures For Alternate Sticking



L L R R L R

8 8 Stroke Roll With Accents (Right, Left & Alternating)



©12:27 R R L L R R L R

Combine Both Measures For Alternate Sticking



L L R R L L R L

9 10 Stroke Roll With Accents (Right, Left & Alternating)



©12:41 R R L L R R L L R L

Combine Both Measures For Alternate Sticking



L L R R L L R R L R