

Instructional Chakra Drumming CD – Beat Notations

B = Bass T = Tone S = Slap

D=Dominant Hand N=Non-dominant Hand

Chakra 7 Beat 1

BTT-BT-BTTBTTT
DNN-DN-DNNDNDN

Chakra 7 Beat 2

BBS-BBB-SS
DND-NDN-DN

Chakra 7 Beat 3

BTTTTTST
DNDNDNDN

Chakra 7 Beat 4

B-TT- B -T-BB-TT -B-T (My Sharona)
D-NN-D-N-DD-NN-D-N

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