

Semi-Quaver Triplet Fills

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A

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

B

2 R L L R L L R R L R L L R R L R L L R L R L R L

C

3 L L R L L R L L R L L R L L R L L R F F R L R L

D

4 R L R L R L R L R L R L R L R L R L L R R L

How to practise:

3 Bars Rock Groove

5

3 Bars Double Time Swing Groove

9