

# GET IN THE GROOVE

with Victoria Vox  
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Rhythm 101:

4/4 time means: 4 beats to a measure & quarter note gets the beat

whole note                      half notes                      quarter notes

1(2,3,4)  
D                      1(2)                      3(4)                      1                      2                      3                      4  
D                      D                      D                      D                      D                      D                      D                      D

4 eighth notes                      sixteenth notes

1 + 2 + 3 + 4 +                      1 e + a                      2 e + a                      3 e + a                      4 e + a  
D U D U D U D U                      D U D U D U D U                      D U D U D U D U                      D U D U D U D U

6 **Rock / Blues: straight 1/8 notes VS Hawaiian Swing: swung 1/8 notes**

1 + 2 + 3 + 4 +                      1 + 2 + 3 + 4 +                      1 + 2 + 3 + 4 +                      1 + 2 + 3 + 4 +  
D U D U D U D U                      D U D U D U D U                      D U D U D U D U                      D U D U D U D U

10 **Reggae Ex. 1: fast four beat count, play on 2 + and 4 +. (tap is downward motion on 1 and 3)**

tap 2 + tap 4 +                      tap 2 + tap 4 +                      tap 2 + tap 4 +                      tap 2 + tap 4 +  
D D U D D U D D U D D U D D U D D U D D U D D U

14 **Reggae Ex. 2: slow four beat count, play on +a, +a, +a, +a. (tap is downward motion)**

tap + a tap + a                      tap + a tap + a                      tap + a tap + a                      tap + a  
D D U D D U D D U D D U D D U D D U D D U

**Calypso / Pop / Folk / Island Strum:**  
16 **beat 3 is silent, however, still use downward motion in between ups (U)**

1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +  
D D U \_\_\_ U D U D D U \_\_\_ U D U D D U \_\_\_ U D + D D U \_\_\_ U D U

\*\*\* Variation: Now try adding an Index/Thumb Roll (D) on beat 2

**Pop / Rock w/ Chunk (1/8 note feel): (same as Calypso, but Chunk on beat 2 + 4 back beat)**  
20 **Also, use thumb nail to strum UP (if possible). Played STRAIGHT**

1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +                      1 2 + \_\_\_ + 4 +  
D DX U \_\_\_ U DX U D DX U \_\_\_ U DX U D DX U \_\_\_ U DX U D DX U \_\_\_ U DX U

**Swing Ex. 1: (1/8 note feel): (same as Calypso, but Chunk on beat 2 + 4 back beat)**24 **Also, use thumb nail to strum UP (if possible). Played SWUNG**

1 2 + 4 + 1 2 + 4 + 1 2 + 4 + 1 2 + 4 +  
D DX U U DX U D DX U U DX U D DX U U DX U D DX U U DX U

**Pop / Country Shuffle**

1 2 + 4 + 1 2 + 4 + 1 2 + 4 + 1 2 + 4 +  
D D U D U D D U D U D D U D U D D U D U

**Jazz (w/ left hand muting):**

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4  
D D D D D D D D D D D D D D D D

**Ska! Think the Mighty Might Bosstones, the Specials, Less Than Jake, No Doubt...etc!**36 **Use your thumb nail on the U, and mute the strings in a downward motion in between.**

+ + + + etc. etc.  
U U U U

**Bluegrass Ex. 1: Little, Big, Little Big Strum (choo choo train) 1/8 notes with accent on 2 + , 4 +**

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +  
D U D U D U D U D U D U D U D U D U D U D U D U

**Bluegrass Ex. 2: 1/16 notes with accent on + a , + a , + a + a**

1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a  
D U D U D U D U D U D U D U D U D U D U D U D U

**TRY DIFFERENT TIME SIGNATURES**

**3/4 time means: 3 beats to a measure & quarter note gets the beat**

**Try plucking the notes for an OPERA / CLASSICAL vibe by alternating the**

**THUMB (TH) on C & G strings (, and using the Middle/Ring on E & A strings (together)**

46

1 2 3 1 2 3 1 2 3 1 2 3  
 TH M/R M/R TH M/R M/R TH M/R M/R TH M/R M/R  
 D

50

**6/8 time means: 6 beats to a measure & eighth note gets the beat**

1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6 1 2 3 4 5 6  
 D

54

**6/8 time w/ swaying (2) feel**

1 + 3 + 4 + 6 + 1 + 3 + 4 + 6 +  
 D U D U D U D U D U D U D U D U D U D U

**Doo-Wop**

**12/8 time means: 12 beats to a measure & eighth note gets the beat (like Earth Angel or At Last)**

56 **This has a "slow 4" feel.**

1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12  
 D U D D U D D U D D U D D U D D U D D U D D U D D U D  
 1 2 3 4 1 2 3 4

**Doo-Wop**

**with added "back beat" feel**

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1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11 12  
 D U D D UX DX D U D D UX DX D U D D UX DX D U D D UX DX  
 1 2 3 4 1 2 3 4