

Table of Contents

Rock & Funk Grooves

Rock (Straight Eighth)

Funk/rock (Sixteenth Notes)

Applications

Funk Grooves

Punk & Speed Metal

Double Bass

Blues & Jazz Grooves

Blues, 12/8, Shuffles (Triplets)

Applications

Various Blues, 12/8, Zydeco & Shuffle Grooves

Jazz

Ethnic Grooves

Bolero

American Bolero

Argentine Tango

Spanish Tango

American Waltz

Viennese Waltz

Polka

Polka Mazurka

Jewish Frailach

Bulgar

Flamenco

Jota

Jorpa

Spanish Waltz
Valsa
Italian Tarantella
Irish Reel
Greek 7/8

Afro-Cuban & Caribbean Grooves

Greek 9/8
Bossa Nova W/ Bossa Clave
Bossa Nova W/ Son Clave
Bossa Nova W/ Rhumba Clave
Samba
Street Samba
Reggae
Dance Hall
Calypso
Soca
Songo
Cascara W/ Son Clave
Cascara W/ Rhumba Clave
Guaguanco
Mozambique
Bembe (Afro-Cuban 6/8)
Mambo
Merengue