

"Knee Slappers™" - Rhythm Exercise # 1

rhythm exercises for the rest of us - slap your knees to the beat

R = Right Hand on the Right Knee - L = Left Hand on the Left Knee

presented by Jerald M. Simon

1

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

5

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

9

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

13

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

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R

L

1 2 3 4 | 1 2 3 4 | 1 2 3 4 | 1 2 3 4

21

R

L

1 & 2 & 2 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 &

25

R

L

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 &

29

R

L

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 &

33

R

L

1 & 2 & 3 & 4 & | 1 & 2 & 3 & 4 & | 1 2 3 4 & | 1 & 2 3 4