The ‘4 Stick Cross’ Sextuplet Chop
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Video Lesson Summary

1. The ‘4 Stick Cross’ Sextuplet Chop – Demonstration
Breaking It Down – Sextuplet Phrases

I have broken the chop/fill down into four manageable two beat sextuplet phrases. It is much easier to learn each phrase individually rather than tackle the whole two bars as one exercise.

Practise Phrases 1-4 individually and gradually increase the tempo.

Phrase 1

Phrase 2

Phrase 3

Phrase 4

Tip: When practising the phrases, intentionally over-exaggerate the dynamics. E.g. Play the accents at shoulder height and keep the ghost notes under 5cm.
Breaking It Down – Triplet Phrases

I have further converted the two beat sextuplet phrases into one bar triplet phrases. I have done this for convenience sake as many of my students have expressed that they find these exercises easier to count and practise as triplets.

Phrase 1

Phrase 2

Phrase 3

Phrases 4
2. Breaking It Down - Phrasing Exercise

Phrases 1-4 have been placed into a phrasing exercise. I have intentionally inserted a one bar rest in between phrases to make the transitions easier.

Start @ 70 BPM and gradually speed it up!

When you are comfortable playing the phrasing exercise, move on to the combination exercises.
3. Putting It Together I – Triplet Combination Exercise

Combine Phrases 1-4 into an exercise focusing on developing smooth transitions between each phrase.

4. Putting It Together II – Sextuplet Combination Exercise

Here is the chop/fill back in its original form as sextuplets. Get comfortable linking the phrases together as sextuplets and move on to the Fill Applications.
5. Fill Applications – Phrases 1-4 (2 Beat Fills)

Play Phrases 1-4 as two beat fills taking care to create a smooth transition back into the groove.

Phrase 1

Phrase 2

Phrase 3

Phrase 4
6. Fill Applications II – Phrases 1-4 (1 Bar Fills)

Combine Phrases 1 + 2 and 3 + 4 into one bar fills. Improvise a groove and apply the phrases to a variety of musical contexts.

**Phrases 1+2**

**Phrases 3+4**

7. The Finished Product – Demonstration

Put it all together and speed it up!