

# Rhythm Aerobics Workshop

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## Strumming Tips:

- Your hand is your #1 metronome;  
Always keep your hand going up and down at all times.
- Your foot is your #2 metronome; Tap your foot each time your hand goes down.  
Practicing in time with an actual metronome will help immensely.
- Loud dynamic: Hit the strings harder and/or hit more strings
- Soft dynamic: Hit the strings lighter and/or hit fewer strings
- Articulate through the strings: press your finger(s) through each string with intention as opposed to flinging your hand at the strings and hoping for the best

## 3 Common Strums

### 1. Straight Down Up Rhythm: Tick tock, Tick tock

Ukulele

D U D U D U D U

1 2 3 4

### 2. Swingin' Down Up Rhythm: Cowboy on a horse. The up strums are tardy.

Uk.

D U D U D U D U

1 2 3 4

### 3. Adding a Back Beat: Accent on beats two & four for dancing music. Play straight or swing.

Uk.

d u D u d u D u

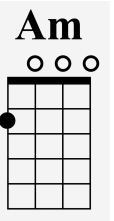
1 2 3 4

accent accent

1. Listen to the following songs and determine:
2. Straight or swing?
3. Back beat or no?
4. Any special beats to notice?

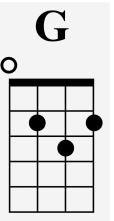
Dancing in the Moonlight - King Harvest  
(Original key Eb)

4/4 **||: Dm | G7 | C | Am :||**



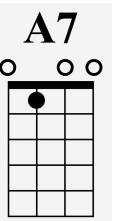
Bad Bad Leroy Brown - Jim Croce  
(Same as original)

4/4 **||: G | G | A7 | A |  
| B7 | C7 | D7 | G :||**



Right Down the Line verse - Gerry Rafferty  
(Same as original)

4/4 **||: Dm | C | Am | F :|| x3  
| C | G | Am G | C | C ||**



Do It Again - Steely Dan  
(Same as original)

4/4 **||: Gm :|| x8  
|: Cm7 Dm7 | Eb Dm7 | Gm | Gm :||**

