

1) We start with the basic phrase, played without dynamics between the snare drum and the bass drum:

Sticking:

r l r l r r l l

Drum Set 

2) Next, we add dynamics. Every single stroke is accented, and the doubles at the back of the phrase are ghosted. Keep on repeating this exercise until it feels comfortable (it might take a while).

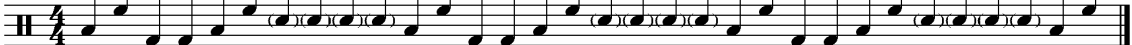
Drum Set 

Dr. 

3) Now its time to give the fill a context. The time signature is 4/4, and the note value is 1/32nd notes. We repeat the phrase three times (3x10 hits = 30) and then add two hits on the end to get the 32 hits that occur in one bar of 4/4:

Phrasing

10 10 10 -2-

Drum Set 

4) Finally, set the fill up with some bars of time, and then blaze through the fill. NB: You'll want to keep the groove fairly slow to start with!

Drum Set 

Dr. 