

1) The first example places a bass drum on the '+' of beat two and beat 6. Your right hand is probably going to want to follow your right foot, so you'll have to work on that because there is no hihat above those bass drums:

Count: 1 2 + 3 4 5 6 + 7 8

Drum Set

2) In this example, we have a bass drum on '4+' and it falls just before the bass drum on '5':

Count: 1 2 3 4 + 5 6 7 8

Drum Set

3) This exercise builds on the above groove by adding a bass drum on beat '3+':

Count: 1 2 3 + 4 + 5 6 7 8

Drum Set

4) Finally, we are taking the first groove and adding a bass drum on beat two and beat 6:

Count: 1 2 + 3 4 5 6 + 7 8

Drum Set