PRACTICE WORKSHEET 03 / 10

Follow three beats in GLASS WALTZ

Select 72 BPM and 3/4. Accent the first beat and practice the waltz feel with the audible click and visual beat indicators.

PRACTICE EXAMPLE

GLASS WALTZ | 72 BPM | 3/4

Accent pattern: strong - normal - normal

Practice: four rounds of eight bars

PRACTICE IN FERASTAGE

1. Set 72 BPM and 3/4 time.
2. Accent the first beat and leave the others normal.
3. Follow the three-beat pattern for four rounds. After each round, record how many bars you counted without losing your place.

WHAT TO LOOK FOR

Each bar has three beats; the accented first beat helps you follow the three-beat cycle.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3

Round	BPM	Subdivision / feel	My entrance / following note
1			
2			
3			

One thing I will change on the next attempt
