PRACTICE WORKSHEET 07 / 10

Set the uneven accents for SEVEN STEPS

Set 7/8 and 126 BPM. Select the accents manually for a 2+2+3 feel, then try the pattern slowly before returning to the practice tempo.

PRACTICE EXAMPLE

SEVEN STEPS | 7/8 | Target: 126 BPM

Starting attempt: 84 BPM

Accents for 2+2+3: beats 1, 3 and 5

PRACTICE IN FERASTAGE

1. Select 7/8 and start at 84 BPM.
2. Accent beats 1, 3 and 5 for a 2+2+3 feel.
3. When comfortable, increase the BPM manually and finally try the 126 BPM target.

WHAT TO LOOK FOR

Follow a 2+2+3 grouping across seven beats, starting groups on 1, 3 and 5. Increase the tempo manually.

YOUR PRACTICE NOTES

Accent map — mark the start of each group

1	2	3	4	5	6	7

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

One thing I will change on the next attempt