"Rolls"

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Keep a uniform stick height from taps to rolls with no accents. Use a metronome to ensure you don't slow-down on the rolls!

Take care to only drop the 'back fingers' for the double-strokes (fulcrum-diddles) and ensure they're back on the stick for the single-strokes!

Initially, you want to start with a slow tempo (72bpm would be good) and use a 12" stroke height. When you start trying reps at faster tempos, your stroke height should come down accordingly.