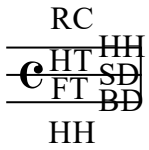
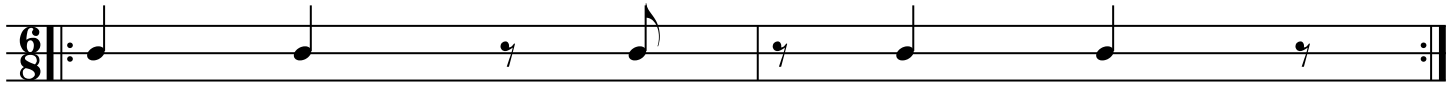


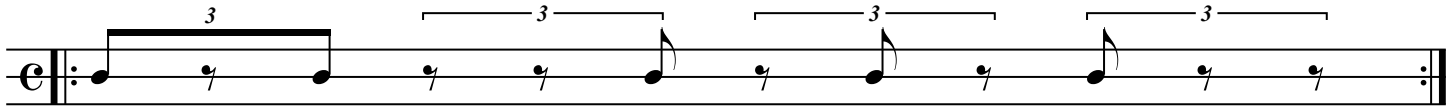
RC  


Most West African rhythms derive heavily from 6/8 feels. One popular 6/8 feel (which originated in Cuba) is called the Bembe, originating from the word bembes, which are religious gathering that include drumming, singing and dancing. The real challenge of the Afro-Cuban take on the rhythm is slipping in and out of the two different meter feels. Depending on how you and/or your bandmates are accenting, the Afro-Cuban 6/8 can be felt in 4 or 6.

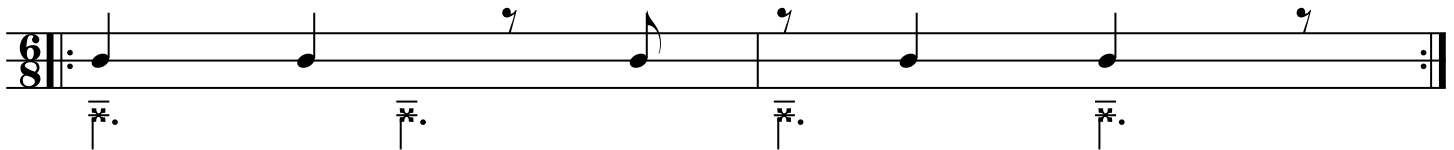
## 6/8 Clave



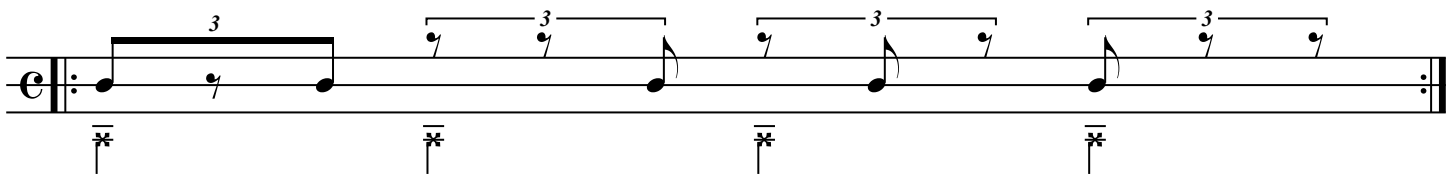
6/8 Clave written in Common Time (triplets). Notice that two bar pattern in 6/8 is reduced to a one bar pattern in 4/4



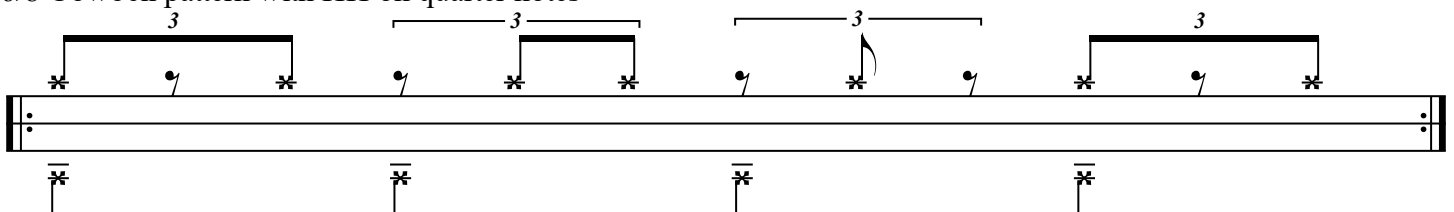
6/8 Clave with the HH playing dotted quarters. Try playing the clave switching your count every two bars from 6/8 time to common time.



6/8 Clave written in Common Time with HH pattern on quarter notes



6/8 Cowbell pattern with HH on quarter notes



Playing quarter notes on the HH helps lock in the bell pattern. See the similarities between this pattern and the 6/8 clave pattern.



# Half-Time Bembe Grooves

Exercise #1

Page 3

Exercise #1 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it.

Exercise #2

Exercise #2 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.

Exercise #3

Exercise #3 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.

Exercise #4

Exercise #4 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.

Exercise #5

Exercise #5 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.

Exercise #6

Exercise #6 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.

Exercise #7

Exercise #7 consists of two staves. The top staff contains four groups of three eighth notes, each marked with a '3' and a bracket. The bottom staff contains four eighth notes, each marked with an asterisk and a vertical line below it. There are also some additional markings like a circled 'o' and a plus sign above the notes.