

INDEPENDENCE WORKOUT SERIES

MEINL PERCUSSION COWBELL FEATURE

© by Christian Lindberg

NO.1 8TH NOTE OSTINATO (EASY)

♩ = 110 BPM

PLAYED W/RIGHT-HAND LEAD FIRST, FOLLOWED BY LEFT-HAND LEAD.

NO.2 8TH NOTE OSTINATO (ADVANCED)

♩ = 120 BPM

NO.3 8TH NOTE TRIPLET OSTINATO (EASY)

♩ = 158 BPM

NO.4 8TH NOTE TRIPLET OSTINATO (ADVANCED)

♩ = 175 BPM

NO.5 16TH NOTE OSTINATO (EASY)

♩ = 100 BPM

NO.6 16TH NOTE OSTINATO (ADVANCED)

♩ = 110 BPM

NO.7 16TH NOTE QUINTUPLET OSTINATO (EASY)

♩ = 90 BPM

NO.8 16TH NOTE QUINTUPLET OSTINATO (ADVANCED)

♩ = 100 BPM