

Tuning Note 1 (Play B)

Demo 2

Backing 3

This simple (yet funky) tune allows you to concentrate on the counting aspect as we are only using notes D and C. Use the tongue to start each note (imagine you are saying "daah"); practice saying or singing to the track before you try playing it. Remember that the two minim (empty) notes are tied, so should sound as a continuous sound. Don't play in the rests! One Hit has a 4 Click intro.

Jam Notes

* G# is a 'flavour' note; only use it occasionally

ONE HIT

Rob Hughes & Paul Harvey

♩ = 80

• = breathing point suggestion