

Cymbal Warmups

Liv Spencer-Rose

Flip Breakdown ♩ = 80-100

3 count

move "Tsss" - flat t move tsss - port t'... move flat move set

1. 2.

move port move set move "Tsss" -

2 count

flat -t move tsss - port t'... move flat move set move

1. 2.

port move set move set

1 count

flat "Hit!" port "Hit!"... flat set port set

Ladders ♩ = 80-100

2 count

R Stomach L R Chest L R Eyes L Down

1 count

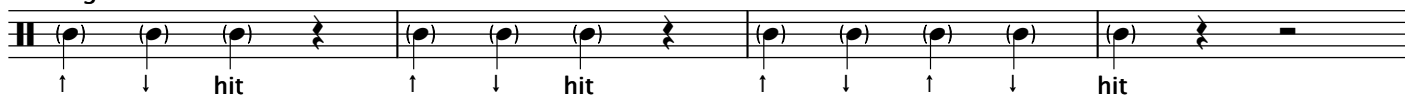
R Stomach L R Chest L R Eyes L Down

speed

R Stomach L Chest R Eyes L Down R Stomach L Chest R Eyes L Down

Wads ♩ = 110-140

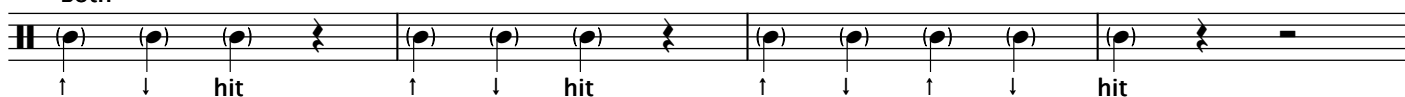
Right



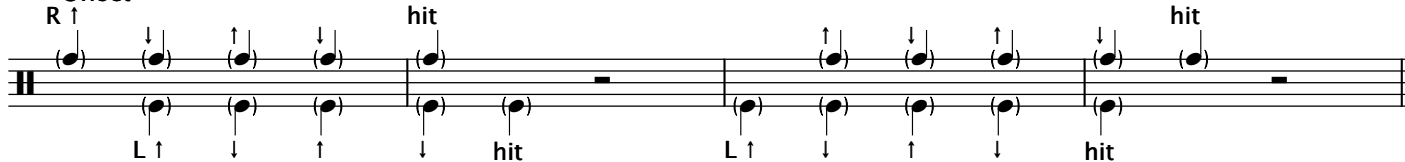
Left



Both



Offset


Off-Hand Swings ♩ = 110-140

tapoff



Right



Crash Breakdown ♩ = 100-130

4 count

Prep Contact Crash In

P CT CR In

2 count

P CT CR In

full crash

P CR In Down

Crash-Choke Breakdown ♩ = 100-130

4 count

Prep Contact Crash Choke

P CT CR CH

2 count

P CT CR CH

full crash-choke

P CH Pop Down

Tap-Choke Breakdown

♩ = 100-130

4 count

Prep Tap Choke Pop P T CH Pop

2 count

P T CH Pop P T CH Pop

full crash-choke

P T.CH Pop P T.CH Down

Port Crash Breakdown

♩ = 100-130

4 count

A V (offset) Contact Crash A V (even) In

2 count

A V (offset) CT CR (A) V (even) In

1.

2.

full port crash

A V CR (A) V In A V CR (A) V In Down

Sizz Breakdown

♩ = 100-130

4 count

sizz - off (suck)... (press)... sizz - off

2 count

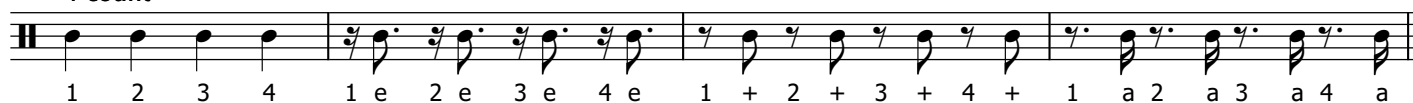
sizz - off sizz - off

1 count

sizz - off sizz - off sizz - off sizz - off Down

Gamut (8th Note Grid) ♩ = 120-150*(click, hi-hat, smash, tap/choke, crash/choke)***16th Note Grid** ♩ = 100-120*(click, hi-hat, smash)*

4 count



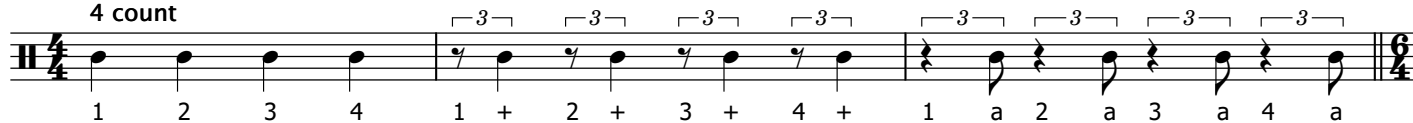
2 count



1 count

**Triplet Grid** ♩ = 100-120*(click, hi-hat, smash)*

4 count



2 count



1 count

