



SEVENS



1. Perform **"Sevens"** as shown below remembering to repeat each of the rhythms twice (note the repeat mark at the end of the lines!). When you have performed the fourth rhythm twice, work 'back up' the rhythm grid, performing the third rhythm twice, then the second rhythm twice ending with the first rhythm twice to end the piece.

Pulse	1	2	3	4	5	6	7
First Rhythm							
Second Rhythm							
Third Rhythm							
Fourth Rhythm							



2. Create your own **"Sevens"** rhythm piece using only **BODY PERCUSSION SOUNDS**. Keep the first rhythm simple (like the one above) and make each rhythm more complex adding different sounds in each line. Perform as **"Sevens"** above. Record your piece using your own shapes and symbols in the **RHYTHM GRID** below.

Pulse	1	2	3	4	5	6	7
First Rhythm							
Second Rhythm							
Third Rhythm							
Fourth Rhythm							

