



GROOVE THEORY 2

MUSIC THEORY & TECHNIQUE BASICS

WITH *ARIANE CAP*

COURSE BOOK

SCOTTSBASSLESSONS.COM

Contents

Overview	03
Introduction	04
Lesson 1	05
Lesson 2	08
Lesson 3	11
Lesson 4	13
Lesson 5	15
Lesson 6	21
Lesson 7	25
Lesson 8	27
Lesson 9	30
Lesson 10	31
Outro	33

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Overview



In Part I of Groove Theory, you learned critical intervals and different chord types, how triads and pentatonic scales work, the difference between straight and shuffle feel, how to be more creative with your practice routine, how to build new grooves from the ground up, and much more.

In Part II, we'll continue to build on Part I, introducing the major pentatonic scale, chord changes, and 7th chords to further build the foundation of your own groove creation abilities.

Introduction

Grooving VS Filling (0:29)

What differentiates “grooving” from “filling”?

Grooving

- Has a repetitive element to it.
- Rhythmic expression of the harmony.
- Driving/calming quality; provides a steady element to it one way or the other.

Filling

- Breaks the flow of the groove.
- Can consist of silence, a slide, or groups of notes.
- Can draw a lot of attention.

LESSON GOALS

01. Increased comfort level placing fills inside a bar.
02. Making your fills work inside a groove.
03. Creating a fill “on the fly”.

Notes:

- Some of the exercises in this lesson are way too “busy” to use in a band setting.
- Think of them as “chops-building” exercises.

Lesson 1

“Groove and Fill” Exercises

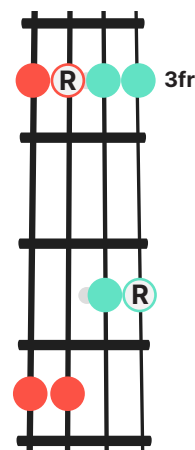
In this lesson, each exercise consists of a **groove** and a **fill** with different rhythmic patterns. The goal of the exercises is to keep your fills contained within the bar, consistently hitting the downbeat on beat 1 of the groove every time.

Fill Approach

As a starting point, use the “Little Box” (green notes) minor pentatonic shape from Part I of this series to create fills with the indicated rhythm (e.g., four eighth notes in the example below). Then:

- Add repeated notes.
- Change the order or direction of the notes.
- Add the “Big Box” (red notes) minor pentatonic shape.
- A combination of any or all of these ideas!

Let’s look at the rhythm of the first exercise:



Groove and Fill Rhythm #1

Groove *Fill* *Groove* *Fill*

♩ = 70
Cm

(1:20)

Notes:

- Do **not** lose the *downbeat* when playing fills!
- Be sure you stay within the bar.

LESSON 1 (continued)

Adding Different Rhythms (2:54)

Let's look at a different rhythm that shortens the groove and adds to the fill. Use the same fill ideas indicated on page 5.

— Want to get “extra hip”? Play the fill up an octave!

Groove and Fill Rhythm #2

Groove *Fill* *Groove* *Fill*

♩ = 70
Cm

The musical notation for Groove and Fill Rhythm #2 is as follows:

- Staff 1 (Bass Line):** 4/4 time, Cm key. The groove consists of two eighth notes (G2, A2) followed by a quarter rest. The fill consists of eighth notes (B2, C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4, G4, A4, B4, C5, D5, E5, F5, G5, A5, B5, C6, D6, E6, F6, G6, A6, B6, C7, D7, E7, F7, G7, A7, B7, C8, D8, E8, F8, G8, A8, B8, C9, D9, E9, F9, G9, A9, B9, C10, D10, E10, F10, G10, A10, B10, C11, D11, E11, F11, G11, A11, B11, C12, D12, E12, F12, G12, A12, B12, C13, D13, E13, F13, G13, A13, B13, C14, D14, E14, F14, G14, A14, B14, C15, D15, E15, F15, G15, A15, B15, C16, D16, E16, F16, G16, A16, B16, C17, D17, E17, F17, G17, A17, B17, C18, D18, E18, F18, G18, A18, B18, C19, D19, E19, F19, G19, A19, B19, C20, D20, E20, F20, G20, A20, B20, C21, D21, E21, F21, G21, A21, B21, C22, D22, E22, F22, G22, A22, B22, C23, D23, E23, F23, G23, A23, B23, C24, D24, E24, F24, G24, A24, B24, C25, D25, E25, F25, G25, A25, B25, C26, D26, E26, F26, G26, A26, B26, C27, D27, E27, F27, G27, A27, B27, C28, D28, E28, F28, G28, A28, B28, C29, D29, E29, F29, G29, A29, B29, C30, D30, E30, F30, G30, A30, B30, C31, D31, E31, F31, G31, A31, 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C328, D328, E328, F328, G328, A328, B328, C329, D329, E329, F329, G329, A329, B329, C330, D330, E330, F330, G330, A330, B330, C331, D331, E331, F331, G331, A331, B331, C332, D332, E332, F332, G332, A332, B332, C333, D333, E333, F333, G333, A333, B333, C334, D334, E334, F334, G334, A334, B334, C335, D335, E335, F335, G335, A335, B335, C336, D336, E336, F336, G336, A336, B336, C337, D337, E337, F337, G337, A337, B337, C338, D338, E338, F338, G338, A338, B338, C339, D339, E339, F339, G339, A339, B339, C340, D340, E340, F340, G340, A340, B340, C341, D341, E341, F341, G341, A341, B341, C342, D342, E342, F342, G342, A342, B342, C343, D343, E343, F343, G343, A343, B343, C344, D344, E344, F344, G344, A344, B344, C345, D345, E345, F345, G345, A345, B345, C346, D346, E346, F346, G346, A346, B346, C347, D347, E347, F347, G347, A347, B347, C348, D348, E348, F348, G348, A348, B348, C349, D349, E349, F349, G349, A349, B349, C350, D350, E350, F350, G350, A350, B350, C351, D351, E351, F351, G351, A351, B351, C352, D352, E352, F352, G352, A352, B352, C353, D353, E353, F353, G353, A353, B353, C354, D354, E354, F354, G354, A354, B354, C355, D355, E355, F355, G355, A355, B355, C356, D356, E356, F356, G356, A356, B356, C357, D357, E357, F357, G357, A357, B357, C358, D358, E358, F358, G358, A358, B358, C359, D359, E359, F359, G359, A359, B359, C360, D360, E360, F360, G360, A360, B360, C361, D361

LESSON 1 (continued)

Lesson Examples (6:54)

To wrap things up, Ariane demonstrates grooves and fill rhythms similar to those we've previously seen. Play each example twice:

- Play at a tempo of 70 bpm the first time.
- Play at a tempo of 90 bpm the second time.

Lesson 1 • Example 1

Cm

The musical notation for Lesson 1 Example 1 is shown below. The bass line is in 4/4 time, Cm key, and features a groove of eighth notes with eighth rests. The guitar line is in the same key and time, featuring a series of triplets and sixteenth notes.

Lesson 1 • Example 2

Cm

The musical notation for Lesson 1 Example 2 is shown below. The first system shows a bass line with a groove and a guitar line with a series of triplets and sixteenth notes. The second system shows a bass line with a groove and a guitar line with a series of triplets and sixteenth notes.



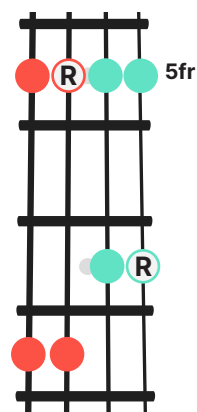
“Any kind of transition section lends itself really well for a fill. The best part is when you get to react to what your bandmates do. There’s this moment when you start going in the same direction. It’s a magical moment that the audience picks up on.”

Lesson 2

“Groove and Fill” Exercises (continued)

For our next exercise, we’re going to change key to D Minor, because... why not. It’s important to be able to play in any key! Our “Big Box” and “Little Box” minor pentatonic patterns remain the same, but are just moved up 2 frets.

The rhythm for our next example is slightly more complex, and features the groove in Bars 1–3, and a fill in Bar 4. There’s no set rhythm for the fill—use your imagination:



Groove and Fill Rhythm #4

$\text{♩} = 70$
Dm

The musical notation for Groove and Fill Rhythm #4 is as follows:

System 1: 4 measures of a groove in D minor, 4/4 time. The bass line consists of eighth notes: D4, C4, B3, A3, G3, F3, E3, D3. The fretboard diagram shows the corresponding fingerings: 5, 8, 5, 5, 8, 5.

System 2: 3 measures of the same groove, followed by a fill in the 4th measure. The fill is indicated by a green bracket and the word "Fill". The fretboard diagram shows the corresponding fingerings: 5, 8, 5, 5, 8, 5.

LESSON 2 (continued)

Lesson Examples

Next, Ariane demonstrates examples of fills following the groove in this section. Play each example twice:

- Play at a tempo of 70 bpm the first time.
- Play at a tempo of 90 bpm the second time.

Lesson 2 • Example 1

Dm

[illegible]

continued →

LESSON 2 (continued)

Lesson 2 • Example 2

Dm

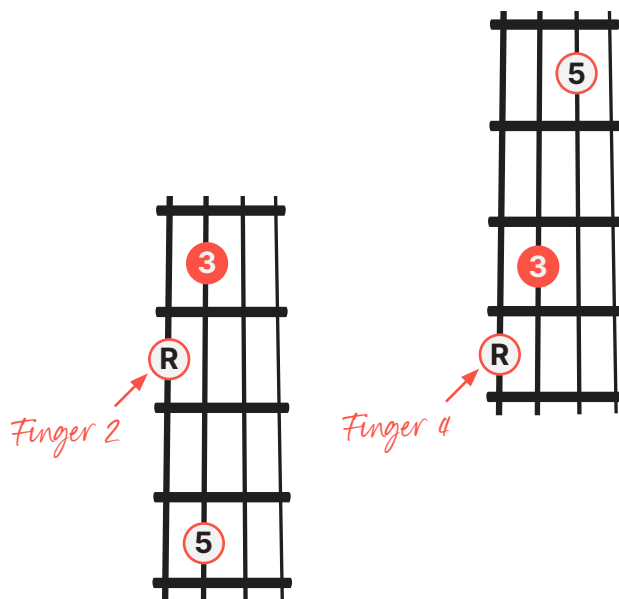
First system of musical notation for Lesson 2 Example 2. The staff is in bass clef with a key signature of one flat (Bb) and a 4/4 time signature. The melody consists of eighth notes and quarter notes. The fretboard diagram below the staff shows fingerings for the left hand, with numbers 5, 5, 5, 5, 8, 5 in the first measure, 5, 5, 5, 5, 8, 5 in the second measure, and 5, 5, 5, 5, 8, 5 in the third measure.

Second system of musical notation for Lesson 2 Example 2. The staff is in bass clef with a key signature of one flat (Bb) and a 4/4 time signature. The melody consists of eighth notes and quarter notes. The fretboard diagram below the staff shows fingerings for the left hand, with numbers 5, 7, 5, 7, 5, 7, 7, 5, 7, 5, 5, 7, 5, 8 in the first measure, and 5 in the second measure.

Lesson 3

The Major Third

Looking to build a major pentatonic scale, we'll introduce a new interval—the **major third**. When played with the root and the perfect fifth, the three notes result in a *major triad*. Use either the second or fourth finger to fret the root note when playing the triad. Remember, these two shapes can be played anywhere on the fretboard as long as you pay attention to where the root note is.



Lesson Examples

Reggae music often contains many Root-3-5 patterns, as seen in the following two examples:

Lesson 3 • Example 1



"Whenever you see a chord change to a major, use your second or fourth finger [to play the root note]. Whenever it's a change to a minor, use your first or fourth finger. Make that a habit—it's very helpful!"

♩ = 70

C **F**

w/ thumb
P.M. ----- | P.M. ----- | P.M. -----

T 3 3 3 3 2 2 5 5 3 3 3 2 5 3 3 3 3 2 2 5 5 3 3 3 2 3

B

G **C**

3 P.M. ----- | P.M. ----- | P.M. -----

T 5 5 5 5 4 5 5 5 5 5 5 2 3 3 3 3 2 5 5 3 2 5 5 5

B

continued →

LESSON 3 (continued)

Lesson 3 • Example 2

♩ = 70

C

F

w/ thumb & fingers

P.M. -----| P.M. -----| *let ring* -----|

5 5 5 2 5 3 2 5 2 2 3 3 5 1 1

G

Am Bm C

3

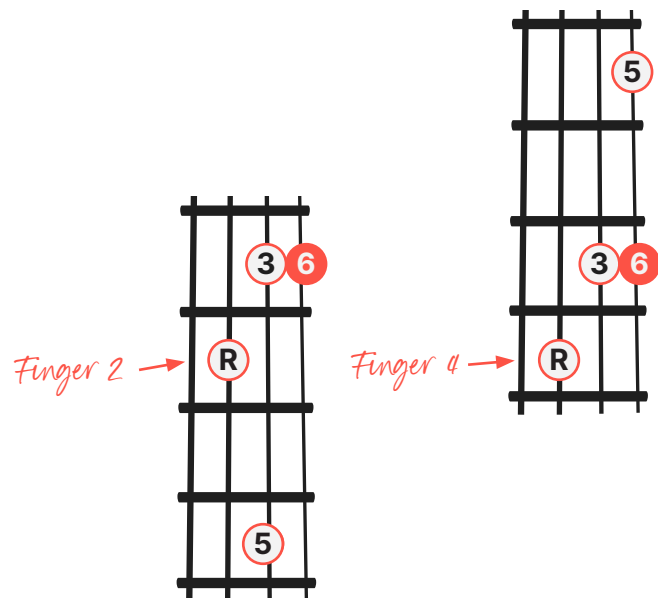
P.M. -----| *let ring* -----| 3 P.M. -----| P.M. -----|

4 4 5 5 2 3 4 4 5 7 5 5 5 2 3 3

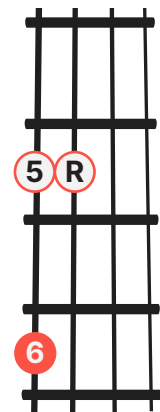
Lesson 4

The Major 6th

The final interval we need to build the major pentatonic scale is the **major 6th**. We find the major 6th by simply going up one whole step from the perfect 5th.



Another interesting thing to note is that playing the major 6th down one octave is a *minor third* below the root, and when combined with the perfect fifth, creates an interesting pattern for soul-style grooves:



LESSON 4 (continued)

Examples using the Root-5-Major 6th

As before, play each exercise twice. Use a tempo of 75 bpm the first time, then 95 bpm for the second.

Lesson 4 • Example 1

C F C

Lesson 4 • Example 2

C F C

Lesson 4 • Example 3

C

F C

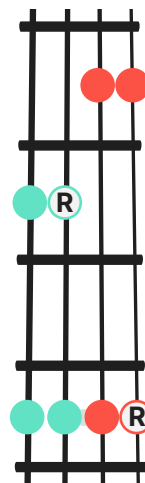
Lesson 5

The Major Pentatonic Scale

The **major pentatonic scale** consists of the major triad (Root, major 3rd, and perfect 5th), plus the major 2nd* and major 6th.

Just like the minor pentatonic scale, we have “Little Box” (green) and a “Big Box” (red) patterns. As mentioned in Level 3, be sure to start the “Little Box” pattern with your second finger—it’s major!

Note the distinct sound of the major pentatonic scale, too—you’ll hear it everywhere.



continued →

*See Groove Theory Part I, Lesson 6 for more information on the major 2nd.

LESSON 5 (continued)

Examples using Major Pentatonic Scale

Play this exercise twice. Use a tempo of 77 bpm the first time, then 100 bpm for the second.

Lesson 5 • Example 1

(♩ = $\overset{\frown}{\text{♩}} \overset{\frown}{\text{♩}} \overset{\frown}{\text{♩}}$)

C

F

C

G

F

C

G

C

continued →

LESSON 5 (continued)

Lesson 5 • Example 2A

$\text{♩} = 77$ ($\text{♪} = \text{♪}^3$)

C

First system of musical notation (measures 1-4) in bass clef, 4/4 time. The melody consists of eighth-note patterns. The fretboard diagram below shows fingerings: Measure 1: T (3), A (3), B (5), 2, 5, 2, 5; Measure 2: 3, 3, 5, 2, 5, 2, 5; Measure 3: 3, 3, 5, 2, 5, 2, 5; Measure 4: 3, 3, 5, 2, 5, 2, 5.

F

C

Second system of musical notation (measures 5-8) in bass clef, 4/4 time. The melody continues with eighth-note patterns. The fretboard diagram below shows fingerings: Measure 5: T (8), A (8), B (10), 7, 10, 7, 10; Measure 6: 8, 8, 10, 7, 10, 7, 10; Measure 7: 3, 3, 5, 2, 5, 2, 5; Measure 8: 3, 3, 5, 2, 5, 2, 5.

G

F

C

G

C

Third system of musical notation (measures 9-12) in bass clef, 4/4 time. The melody concludes with eighth-note patterns. The fretboard diagram below shows fingerings: Measure 9: T (10), A (10), B (12), 9, 12, 9, 12; Measure 10: 8, 8, 10, 7, 10, 7, 10; Measure 11: 3, 3, 5, 2, 5, 2, 5; Measure 12: 3, 3, 5, 5, 2, 5, 3.

continued →

LESSON 5 (continued)

Lesson 5 • Example 2B

♩ = 120 (♩ = $\overset{\frown}{\text{♩}} \overset{\frown}{\text{♩}}$)

C

Measures 1-4 of Example 2B in C major. The bass line is in 4/4 time. The notation shows a sequence of eighth notes and quarter notes. The fretboard diagram below the staff shows fingerings: 3 3 5 2 5 2 5, 3 3 5 3 5 2 5, 3 3 5 3 5 2 5, 3 3 5 3 5 2 5.

F

C

Measures 5-8 of Example 2B. Measures 5-6 are in F major, and measures 7-8 are in C major. The fretboard diagram shows fingerings: 8 8 10 8 10 7 10, 8 8 10 8 10 7 10, 3 3 5 3 5 2 5, 3 3 5 3 5 2 5.

G

F

C

G

C

Measures 9-12 of Example 2B. Measures 9-10 are in G major, and measures 11-12 are in C major. The fretboard diagram shows fingerings: 10 10 12 10 12 9 12, 8 8 10 8 10 7 10, 3 3 5 3 5 2 2, 3 3 5 5 5 5 5, 3.

continued →

LESSON 5 (continued)

Lesson 5 • Example 3A

$\text{♩} = 77$ ($\text{♪} = \text{♪}^{\text{3}}$)

C

First system of musical notation (measures 1-4) in bass clef, 4/4 time. The melody consists of eighth notes and quarter notes with eighth rests. The bass line is shown with fingerings: 2, 3, 5, 3, 2, 5 for measures 1-2, and 2, 3, 5, 3, 2, 5 for measures 3-4.

F

C

Second system of musical notation (measures 5-8) in bass clef, 4/4 time. The melody continues with eighth notes and quarter notes. The bass line fingerings are: 7, 8, 10, 8, 7, 10 for measures 5-6, and 2, 3, 5, 3, 2, 5 for measures 7-8.

G

F

C

G

C

Third system of musical notation (measures 9-12) in bass clef, 4/4 time. The melody continues with eighth notes and quarter notes. The bass line fingerings are: 9, 10, 12, 10, 9, 12 for measures 9-10, and 7, 8, 10, 7, 10, 7 for measures 11-12.

continued →

LESSON 5 (continued)

Lesson 5 • Example 3B

♩ = 120 (♩♩ = $\overset{\frown}{\text{♩}} \overset{\frown}{\text{♩}}$)

C

First system (measures 1-4) in bass clef, 4/4 time. The melody consists of eighth notes with eighth rests. The bass line is shown with fret numbers: 3, 3, 5, 3, 2, 5 for measures 1-2, and 3, 3, 5, 3, 2, 5 for measures 3-4.

F

C

Second system (measures 5-8) in bass clef, 4/4 time. The melody continues with eighth notes and eighth rests. The bass line fret numbers are: 8, 8, 10, 8, 7, 10 for measures 5-6, and 8, 8, 10, 3, 3, 5 for measures 7-8.

G

F

C

G

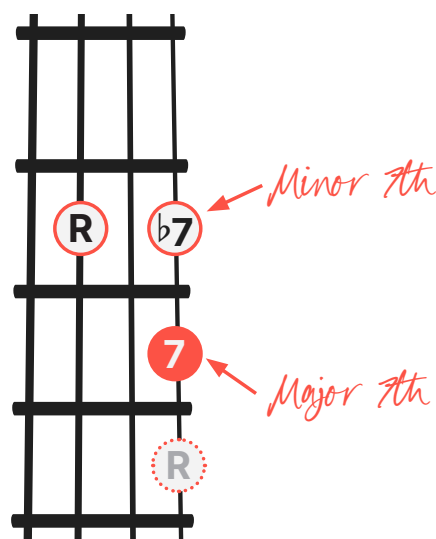
C

Third system (measures 9-12) in bass clef, 4/4 time. The melody continues with eighth notes and eighth rests. The bass line fret numbers are: 10, 10, 12, 10, 9, 12 for measure 9; 8, 8, 10, 7, 10, 7 for measure 10; 3, 3, 5, 3, 2, 5 for measure 11; 3, 3, 5, 5, 5, 5 for measure 12; and 3 for the final measure.

Lesson 6

The Major 7th Interval

The final interval we'll need to build our 4-note chords is the **major 7th**, which can be found one half step *above* the minor 7th (and is also a half step below the octave).



4-Note Chords/Arpeggios

While there are countless 4-note chords available on the fretboard, there are **four** that are particularly useful to us bass players. Let's take a look at how they're built.

We've discussed the major and minor triads, the major 7th, and the minor 7th (in Part I). By "mixing and matching" these elements, we arrive at four chords types:

Let's take a look at each one.

Major Triad + Major 7th = **maj7**

Major Triad + Minor 7th = **dom7**

Minor Triad + Major 7th = **m(maj7)**

Minor Triad + Minor 7th = **m7**

continued →

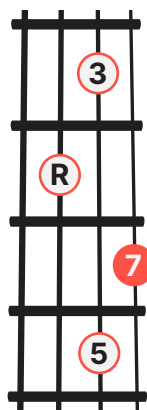
LESSON 6 (continued)

The **maj7** Chord (1:14)

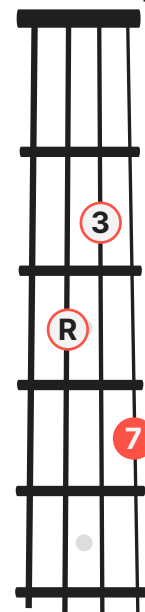
If we start with a major triad on the “bottom” and add a major 7th on “top”, we get a **major 7th chord**.

- Has a minor quality, or even a slight sadness in its sound.
- “Major” implies “happy”, but it does depend on the context.
- May be written a number of ways on a chart:

maj7 = ma7 = Δ7 = M7



Cmaj7
Chord Shape



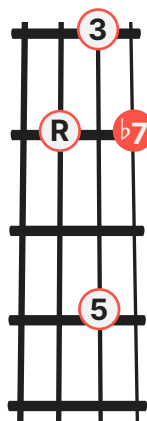
The **dom7** Chord (2:47)

If we start with a major triad on the “bottom” and add a *minor* 7th (a $b7$) on “top”, we get a **dominant 7th chord**.

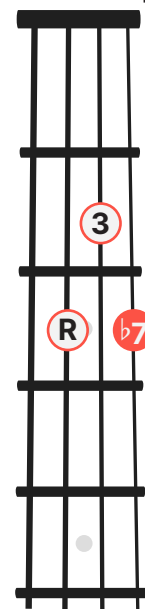
- Usually written on a chart as a “7” chord (e.g., C7)

7 = dom7

- If you see just a “7” in a chord name, it means a $b7$.
- Similarly, if you just see a note name (e.g., C) it means the chord is based on a **major** triad.



C7
Chord Shape



continued →

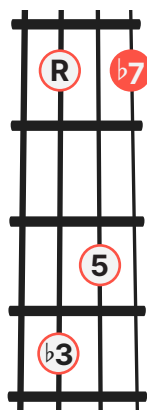
LESSON 6 (continued)

The m7 Chord (3:42)

If we start with a minor triad on the “bottom” and add a minor 7th (a $\flat 7$) on “top”, we get a **minor 7th chord**.

- Usually written on a chart as “m7”, but you may also see a “minus” sign before the 7 (e.g., C-7):

m7 = -7



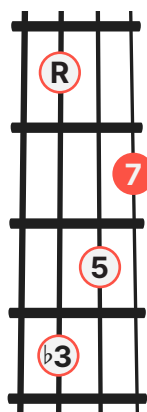
Cm7 Chord Shape



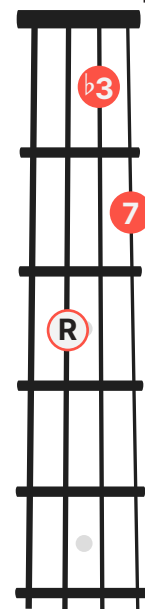
The m(maj7) Chord (4:02)

If we start with a minor triad on the “bottom” and add a *major* 7th on “top”, we get a **minor-major 7th chord**.

- Not used very frequently, but appears in jazz.
- Has a “suspenseful” sound associated with it.



Cm(maj7) Chord Shape



continued →

LESSON 6 (continued)

The $m7^b5$ Chord (4:18)

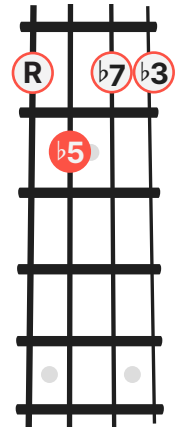
Another popular chord is the $m7$ with a $b5$ rather than a natural 5. Perhaps obvious, but if you see a flat sign before a 5 in a chord symbol, be sure to... flatten the 5th in the chord.

- Consists of the root, a minor 3rd, a diminished fifth, and a minor 7th.
- Also referred to as a **half-diminished** chord.
- May be written a couple ways on a chart:

$$m7^b5 = m7\emptyset = m7-5$$



$Cm7^b5$ Chord Shape



Lesson 7

Grooves with maj7, m7, and dom7 Chords

As with earlier exercises, play these twice: first using a tempo of 60 bpm, then again at a tempo of 75 bpm.

Lesson 7 • Example 1

The musical notation for Lesson 7 Example 1 consists of three systems of bass lines in 4/4 time. Each system includes a staff with notes and a corresponding line of fingerings (T, A, B strings and 1-10 fingers).

System 1:

- Chords:** Cmaj7, Fmaj7, Dm7
- Fingerings:**
 - Cmaj7: 4 5 3 2 5 3
 - Fmaj7: 9 10 8 10 7 8
 - Dm7: 5 7 5 5 8 5

System 2:

- Chords:** G7, Em7, Am7
- Fingerings:**
 - G7: 3 5 3 2 5 2 5
 - Em7: 7 9 7 9 7 10
 - Am7: 5 7 5 5 8 7

System 3:

- Chords:** Dm7, G7, Cmaj7
- Fingerings:**
 - Dm7: 5 7 5 5 8 7 8
 - G7: 5 3 5 2 3 2
 - Cmaj7: 3

Notes:

- It's good practice to start your groove on the **root** of each chord until you become familiar enough with the shapes and notes to experiment.
- It's not necessary to play *every* note of the chord/arpeggio every time.

LESSON 7 (continued)

Lesson 7 • Example 2

Example 2 is a bass line in 4/4 time, featuring a sequence of chords: Cmaj7, Fmaj7, Dm7, G7, Em7, Am7, Dm7, G7, and Cmaj7. The notation includes a bass staff with a treble clef and a key signature of one flat (Bb). The bass line is written in a style that combines eighth and sixteenth notes with rests, creating a rhythmic pattern. Below the staff, the fret numbers for the left hand are indicated, with a 'T' for the thumb and 'B' for the bass finger.

Chord Progression: Cmaj7, Fmaj7, Dm7, G7, Em7, Am7, Dm7, G7, Cmaj7

Fret Numbers (Left Hand):

- Measures 1-3: Cmaj7 (3 3), 5 4 5 2 5 2, 3 3 3 2 3 3 5 3
- Measures 4-6: G7 (5 5 5 3 5 2 5 3 5), 9 7 9 7 10 9, 7 5 7 7 5
- Measures 7-9: Dm7 (5 5 5 7 5 7 7 3 4), 5 5 5 3 5 2 5, 3

Lesson 8

Improvising with Major and Minor Pentatonics

Returning to the same backing track from Lesson 7, rather than concentrating on the chord tones/triads shapes, we can instead improvise by using the major and minor pentatonic scales we've previously studied.

Let's look at the chord progression and determine what pentatonic scale will fit over each chord:

Cmaj7 Fmaj7 Dm7 G7

5 Em7 Am7 Dm7 G7 Cmaj7

As you might expect, since we have major and minor chords, and major and minor pentatonic scales, it stands to reason that playing a major pentatonic scale over a major chord, and a minor pentatonic scale over a minor chord would work. And you are right! Although we don't play the 7th degree of the scale in either of a pentatonic scales, it doesn't matter—the scales still work just fine.

Going back to the "groove and fill" idea from Lesson 1, use the following groove-and-fill rhythm to improvise over the chord progression:

Groove Fill

For the two eighth notes of the **groove**, use the root note of each chord. For the **fill**, play the appropriate pentatonic scale in a rhythm of your choice.

maj7 and 7 chords

Major pentatonic shape
("Little Box, Big Box")

m7

Minor pentatonic shape
("Big Box, Little Box")

LESSON 8 (continued)

Lesson 8 • Example 1

♩ = 75

Cmaj7 *C Major Pentatonic* **Fmaj7** *F Major Pentatonic*

3 3 3 3 5 3 5 2 5 2 | 8 8 8 8 10 8 7 10 7 10

Dm7 *D Minor Pentatonic* **G7** *G Major Pentatonic*

5 5 5 5 8 5 8 7 5 5 | 10 9 10 12 10 12 9 10 12 9 10 10 10

Em7 *E Minor Pentatonic* **Am7** *A Minor Pentatonic*

7 7 7 10 7 7 9 7 9 9 | 12 12 12 12 15 12 15 14 12 14 12

Dm7 *D Minor Pentatonic* **G7** *G Major Pentatonic*

5 5 5 5 8 5 8 5 7 5 | 10 9 10 10 12 10 10 12 9 10 12 9 10

continued →

LESSON 8 (continued)

Lesson 8 • Example 1 (continued)

9 Cmaj7 Fmaj7

Fingering: 5 2 5 2 5 3 5 3 | 7 10 7 10 7 8

11 Dm7 G7

Fingering: 5 5 5 5 8 5 8 5 7 5 | 10 9 10 10 12 10 10 9 10 12 9 10

13 Em7 Am7

Fingering: 7 7 7 10 7 9 7 9 7 9 7 10 7 | 12 12 12 15 12 14 12 14 12 14 14

15 Dm7 G7 Cmaj7

Fingering: 5 5 5 8 5 8 5 7 5 7 7 | 10 9 10 12 10 9 10 10 10 9 10 | 3

Lesson 9

The “Groove” Formula

The “groove” formula is the harmonic material plus a rhythm.

Tips to get your creative spark going

Harmonic Material (“Theory”)

- Play the fifth
- The 1–5–8
- Triads
- Major and Minor Pentatonics
- Play the entire chord or perhaps just the root
- maj7, 7, m7, m(maj7) and m7^b5 chords and arpeggios
- etc.

Rhythm

- Repeated notes
- Ascend/Descend
- Get “busy” at the beginning of the bar
- Get “busy” at the end of the bar
- Less “busy” at the beginning but heat it up by the end.”
- etc.

Tips for great feel

- A good “feel”—a relaxed “feel”—comes from good technique.
- Trust your fingers
- Don’t “over-grip” the fretboard
- Don’t work against yourself: let the music flow through you.



“Always listen to what the kick drum does—it’s great to play off of.

If the groove is played with great feel, you can add the word great groove to it.

The feel is arguably almost more important than the tonal material.

If you find something you like [when practicing these exercises], play it a bunch of times and try to make it sound not just good, but great—make it feeeel good.”

Lesson 10

Putting the Groove Formula to Work

Let's take another look at the groove formula, but let's concentrate on the following **rhythm**:



It's important to learn the rhythm *first*, without any pitches involved. While this is a fairly simple rhythm, as they become more complex it's even more important. Clap the rhythm—slowly at first, if necessary—and memorize it so that it doesn't even feel like you're counting anymore.

As we play this rhythmic pattern, note that the chords are changed *each measure*, so we have to split the rhythm over two chords each time.

continued →

LESSON 10 (continued)

Lesson 10 • Example 1

♩ = 80

Am F C G

5 Am F C G

9 Am F C G

13 Am F C G Am

Outro

Covered in Part II:

- Chord changes
- Major and Minor Pentatonic Shapes
- Groove creation techniques
- The Groove Formula
- Straight VS Shuffle

