

Warm-Up Packet

Matt and Friends

NOTE: more warm ups will be added later in the season, these are the basic exercises

8's

5

7

10 Accent Taps UNISON

R L R L

14 SPLIT

7

Triplet Diddle

19

S 

24

S 

Doubles

29

S 

R L R L

33

S 

L R L R L R

Doubles (P-Diddle)

38

S 

R R L R R L R R L R R L R L R R L L R L L R L L R L L R L R L L

41

S 

R R L R R L R R L R R L R L R L L R L L R L L R L L R L R

DIDDLE DOMINATION OF DEATH

44

for every bar of check there is a bar of diddles

S 