Inverted Double Strokes

Variations on the Essential Rudiment

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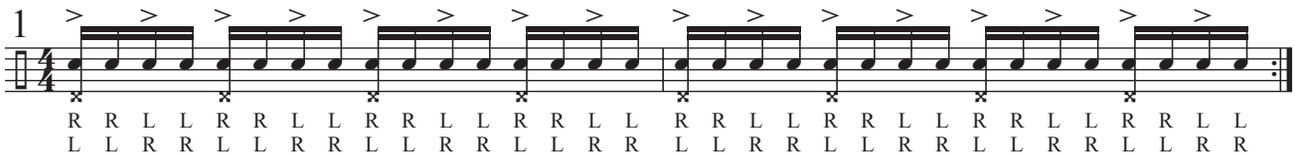
ONLINE LESSON
moderndrummer.com

When you break down what many drummers play into its simplest and smallest form, you might realize that we mostly employ combinations of singles and diddles. In this lesson, we'll focus on double-stroke rolls and invert them to create interesting fills and grooves.

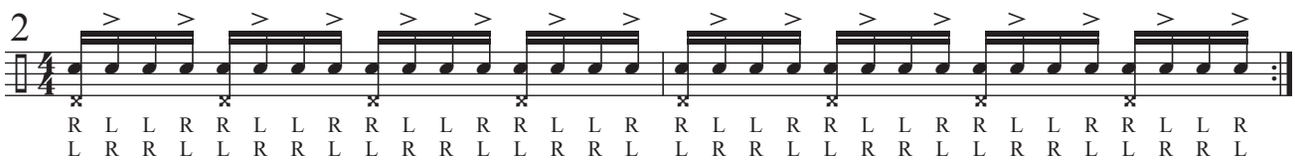
In a 16th-note subdivision, double-stroke rolls are often played as a downstroke starting on each quarter note (pulse) or each upbeat (the "&" of each beat). This can cause your rolls to sound uneven or make fills and drum grooves predictable. See for yourself by playing the following exercise while keeping a quarter-note pulse with your hi-hat foot.

1



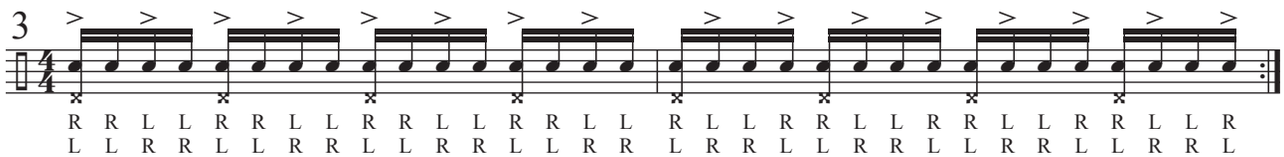
By starting with a single 16th-note stroke, your doubles will now invert—shifting to begin on the "e" or "a" of each beat. This can help make your rolls sound more even and give your doubles more of an unpredictable sound. Try Exercise 2 to hear the difference while maintaining a quarter-note hi-hat pulse.

2



Next, try alternating between a measure of double strokes and a measure of inverted doubles.

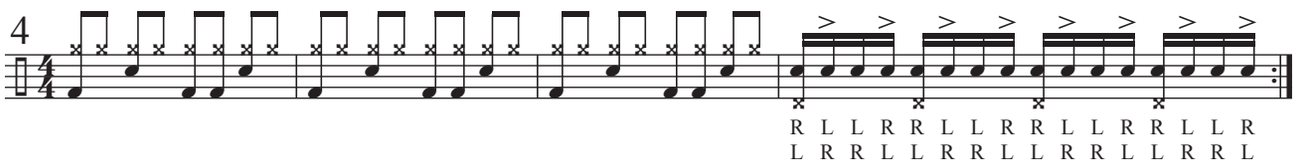
3



Reverse sticking on repeat

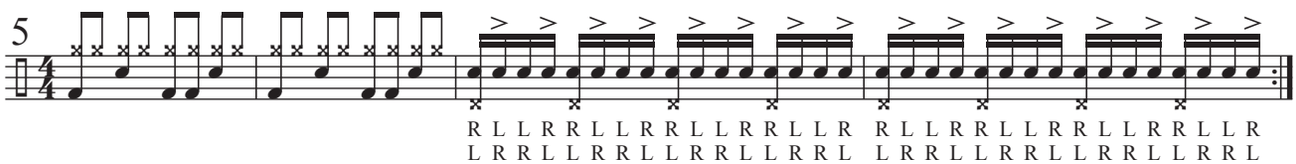
Now put inverted doubles into context. Play a basic rock beat for three measures followed by a bar of 16th-note inverted doubles.

4



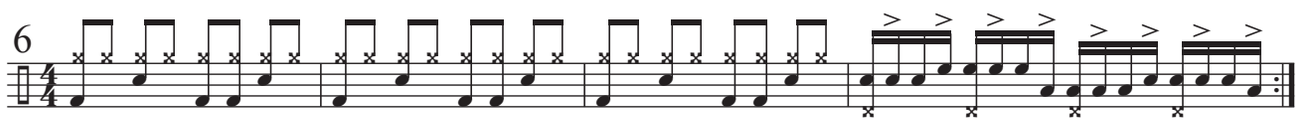
Now try playing the groove for two measures followed by two bars of inverted doubles.

5



Finally, play the previous two exercises again while moving the inverted doubles around the drumset. Here are a few patterns that are a great starting point.

6



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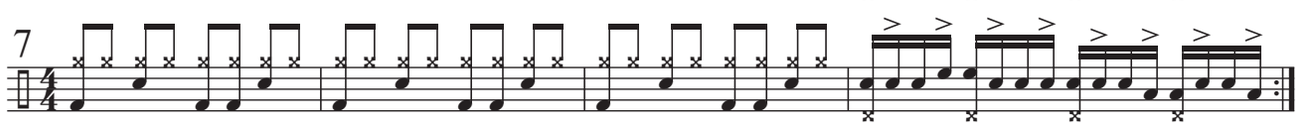

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