



Kentucky Orff Schulwerk Association Chapter Share
January 26, 2008

West African Music: Demystifying Polyrhythms: 2 over 3 and 4 over 3

Step 1: introduce as a composite rhythm

- A. Vocalization: “Go Wild-cats Go”, “Pass the Foot-ball quickly”
- B. Sticking: each hand plays one side of the polyrhythm

① 2 over 3

② 4 over 3

Step 2: move to the drums

- A. Solo one hand at a time to hear each rhythm clearly (play with one hand on your leg and one hand on a drum). The students can count each side of the polyrhythm while the teacher demonstrates.
- B. Expand this concept by using 2 sound sources.

Step 3: Groove on these rhythms!

- A. Try soloing or having an advanced student solo over the following grooves.

Example Grooves using Polyrhythms: