

Sonny Moon For Two - Session 1 (Bb)

This is a 12 bar blues composition. Before getting into the melodic and harmonic detail of the piece, I suggest getting familiar with the melodic rhythm. By internalising the rhythm of the melody, we are able to explore some of the polyrhythms implied within it. These exercises help to improve our rhythmic accuracy, expand our rhythmic vocab and help us understand how this short, repeated phrase is so effective.

The first step is to clap the rhythm as shown below. Remember that the quavers are swung. It's helpful to do this along with a recording. I find it easier to do while singing the melody too.

Step 2 is to clap the rhythm as above, while stamping the crotchet pulse:

Step 3 is to clap the rhythm as above, while stamping on 2 and 4:

Step 4 is to sing the rhythm as above (with the melody notes as shown), while stamping on 2 and 4 and clapping only on 1:

Now using the lead sheet below, try improvising over the full 12 bars, using only the rhythm of the melody, but notes from the chords shown.