

# COUNT ME IN

A Comprehensive Approach to Rhythm

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## About This Book:

Rhythm is the foundation of musical fluency and a fundamental worthy of isolation. *Count Me In* is a comprehensive approach to rhythm, taking students from the most basic building block of music – the quarter note – to compound meter and everything in between. Any counting system can be applied to the lessons, though the most successful counting system is the one that is used consistently and regularly. Students will gain confidence and fluency through daily counting drills, review, ensembles, and games, with a number of fresh methods suggested throughout the book. The right note at the wrong time is a wrong note, and *Count Me In* helps make every correct note more likely.

### LESSON 1: QUARTER NOTES AND RESTS

Your teacher will explain how to tap your foot to a steady beat. Your foot will go down and up to the pulse of the beat. Counting is written in for you to get started. Notes are written with big numbers, while rests use small superscript numbers with slashes. Using a metronome, say each quarter note count aloud. Count rests silently in your head. Only write the counting for measures your teacher specifically assigns.

1

1 2 3 4 /<sup>1</sup> /<sup>2</sup> /<sup>3</sup> /<sup>4</sup>

tap foot: ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

2

1 2 3 /<sup>4</sup>

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

3

↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑

4

5

6

7

8

9

10

- Bonus!**
- Count
  - Cor
  - 7'

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### ENSEMBLE PIECES

Count each piece aloud. Then perform as written. Make sure you sustain notes for their full value. Get creative and come up with new sounds!

#### 11 SNAKES

*sizzle (ssss)*

Musical notation for 'SNAKES' consisting of two staves. The top staff has a treble clef and contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The bottom staff has a bass clef and contains a sequence of quarter notes: C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4. The notes are aligned vertically between the two staves.

#### 12 BACK AND FORTH

*chh*

Musical notation for 'BACK AND FORTH' consisting of two staves. The top staff has a treble clef and contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The bottom staff has a bass clef and contains a sequence of quarter notes: C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4. The notes are aligned vertically between the two staves.

#### 13 SWITCH HITTER

*ta*

Musical notation for 'SWITCH HITTER' consisting of two staves. The top staff has a treble clef and contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The bottom staff has a bass clef and contains a sequence of quarter notes: C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4. The notes are aligned vertically between the two staves.

#### 14 RISE OF THE MACHINES

Come up with your own sounds to make  
What sounds can you use that will suit

Musical notation for 'RISE OF THE MACHINES' consisting of two staves. The top staff has a treble clef and contains a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The bottom staff has a bass clef and contains a sequence of quarter notes: C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4. The notes are aligned vertically between the two staves.

#### 15 RELAY RACE

*loud breath out, like a runner*

Musical notation for 'RELAY RACE' consisting of four staves. The top two staves have a treble clef and contain a sequence of quarter notes: G4, A4, B4, C5, B4, A4, G4, F4, E4, D4, C4. The bottom two staves have a bass clef and contain a sequence of quarter notes: C3, D3, E3, F3, G3, A3, B3, C4, D4, E4, F4. The notes are aligned vertically between the two staves.

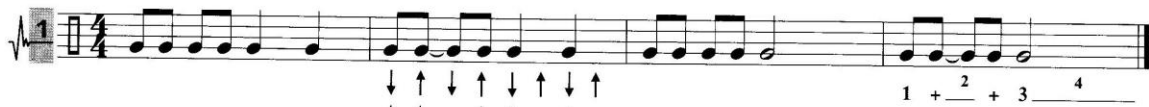


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## LESSON 10: SYNCOPATION

Syncopation means to place emphasis on a strong note that occurs on a weak beat.

1 

Compare this exercise with line 1.

2 

3 

4 

5 

6 

Write the counting below.

7 

Where is your foot when you are counting?

8 

9 

10 



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# ENSEMBLE PIECES

## 11 OFF-KILTER

Musical score for 'OFF-KILTER' in 4/4 time. The score consists of two staves. The first staff contains a melody of eighth and quarter notes. The second staff contains a bass line of eighth and quarter notes. The piece concludes with a double bar line.

## 12 MISSION PROBABLE

Musical score for 'MISSION PROBABLE' in 4/4 time. The score consists of two staves. The first staff contains a melody of quarter and eighth notes. The second staff contains a bass line of quarter and eighth notes. The piece concludes with a double bar line.

## 13 ON AND OFF

Musical score for 'ON AND OFF' in 4/4 time. The score consists of two staves. The first staff contains a melody of quarter and eighth notes. The second staff contains a bass line of quarter and eighth notes. The piece concludes with a double bar line.

## 14 IN SYNCHO

Musical score for 'IN SYNCHO' in 4/4 time. The score consists of two staves. The first staff contains a melody of quarter and eighth notes. The second staff contains a bass line of quarter and eighth notes. The piece concludes with a double bar line.

## 15 WAIT FOR IT

Musical score for 'WAIT FOR IT' in 4/4 time. The score consists of three staves. The first staff contains a melody of quarter and eighth notes. The second staff contains a bass line of quarter and eighth notes. The third staff contains a bass line of quarter and eighth notes. The piece concludes with a double bar line.



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ENSEMBLE PIECES

11 MOMENTUM SHIFT



12 FINAL LAUNCH



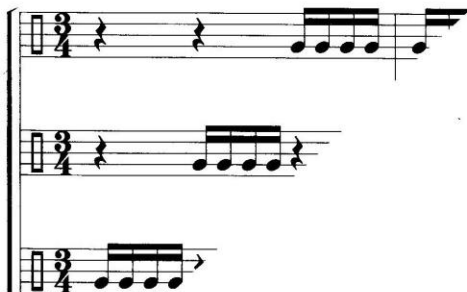
13 QUICK YET SUSTAINED



14 WACKY WALTZ



15 RUNNING ON THE STAIRS



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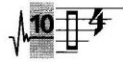


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## LESSON 15: DOTTED EIGHTH / SIXTEENTH NOTE GROUP

Remember that a dot increases a note by half its value. In the case of an eighth note, a dot increases its duration by a sixteenth note.



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ENSEMBLE PIECES

11 INVINCIBLE

Musical notation for 'Invincible' featuring two staves. The top staff has a treble clef and the bottom staff has a bass clef. The piece is in 4/4 time and consists of four measures. The first measure is in 4/4, the second in 6/8, the third in 4/4, and the fourth in 6/8. The melody is primarily eighth notes, with some quarter notes and rests.

12 CALL OF THE WARRIOR

Musical notation for 'Call of the Warrior' featuring two staves. The top staff has a treble clef and the bottom staff has a bass clef. The piece is in 3/4 time and consists of four measures. The first measure is in 3/4, the second in 6/8, the third in 4/4, and the fourth in 6/8. The melody is primarily eighth notes, with some quarter notes and rests.

13 THE CHOSEN ONE

Musical notation for 'The Chosen One' featuring two staves. The top staff has a treble clef and the bottom staff has a bass clef. The piece is in 6/8 time and consists of four measures. The first measure is in 6/8, the second in 2/4, the third in 6/8, and the fourth in 3/4. The melody is primarily eighth notes, with some quarter notes and rests.

14 GOT BALANCE?

Musical notation for 'Got Balance?' featuring two staves. The top staff has a treble clef and the bottom staff has a bass clef. The piece is in 4/4 time and consists of four measures. The first measure is in 4/4, the second in 3/4, the third in 4/4, and the fourth in 4/4. The melody is primarily eighth notes, with some quarter notes and rests.

15 THE FINAL STAGE

Musical notation for 'The Final Stage' featuring two staves. The top staff has a treble clef and the bottom staff has a bass clef. The piece is in 4/4 time and consists of four measures. The first measure is in 4/4, the second in 6/8, the third in 4/4, and the fourth in 4/4. The melody is primarily eighth notes, with some quarter notes and rests.

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