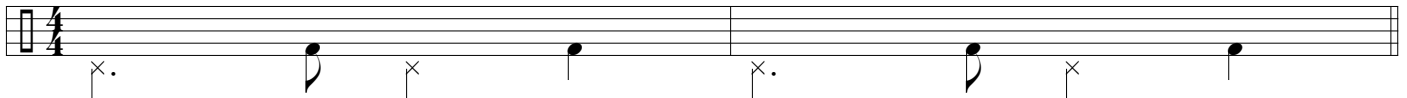


# OSTINATO PODCAST: CREATING AND DEVELOPING (EXAMPLE: BASIC TUMBAO)

**Step 1: practice the ostinato, by itself, for 10 minutes**

Left foot can play high hat, cow bell, wood block, etc  
Right Foot plays the bass drum

Audio Example #1



**Step 2: play the ostinato and begin to add 8th-note rhythms with the hands (see additional pdf of 8th note variations)**

Audio Example #2: 8th-note rhythms played in audio podcast as examples



**Step : play the ostinato and improvise leaving space between rhythms while keeping the ostinato going**

Audio Example #3: example of improvised 8th notes as played in audio podcast

