

The 11 Stroke Roll

#576

Basic rudiment

RRLRRLRL
LLRLLRRLR

RRLRRLRL
LLRLLRRLR

L R L R L R L R L R L R
R L R L R L R L R L R L

1.

RRLRRLR L
LLRLLRRL R

RRLRRLR L
LLRLLRRL R

RRL R L
LLR L R

RRLRRLR L
LLRLLRRL R

RRLRRLR L
LLRLLRRL R

RRLRRLR L
LLRLLRRL R

R L RRL RRL R L
L R LLR LLR L

RRLRRLR L
LLRLLRRL R

RRL RRL R L
LLR LLR L

RRLRRLR L
LLRLLRRL R

RRLRRLR L
LLRLLRRL R

R L R R
L R L L

2.

All alternating

R L R L R R L R L R L R
L R L R L L R L R L R L