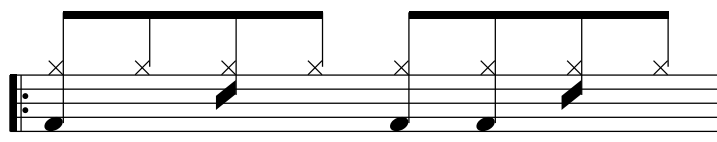


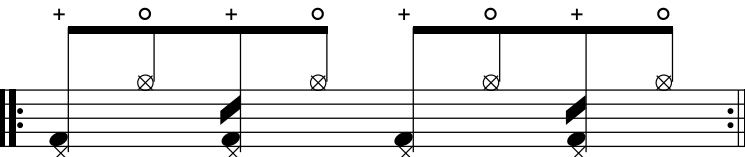
# GROOVE ESSENTIALS

## ROCK

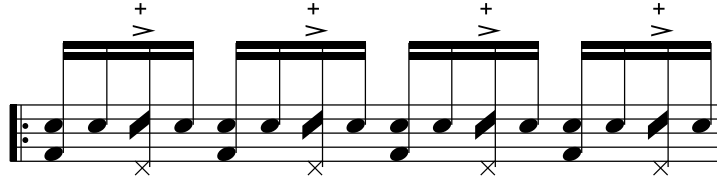


## DISCO

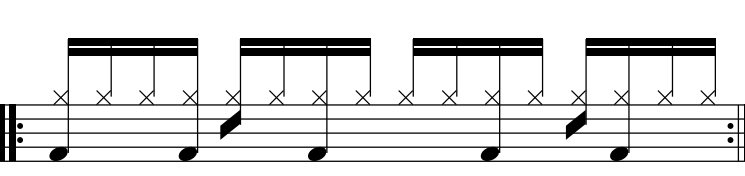
BY MATT GARSTKA



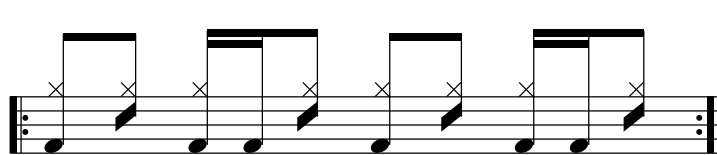
## TRAIN BEAT



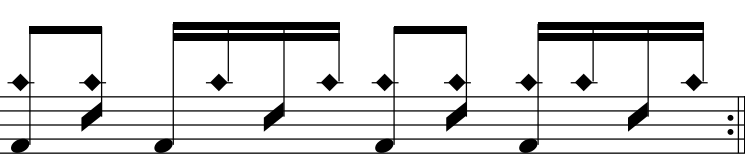
## HIP HOP 1



## PUNK BEAT(FAST)



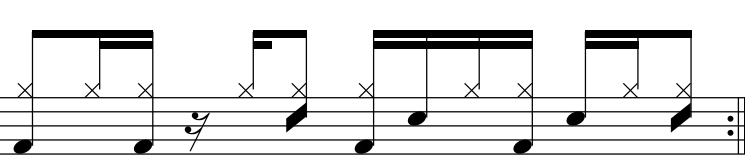
## CHURCH SHOUT(FAST!)



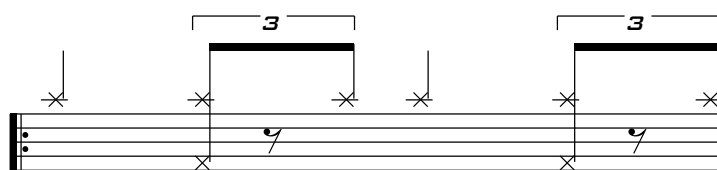
## REGGAETON



## DANCEHALL



## SWING



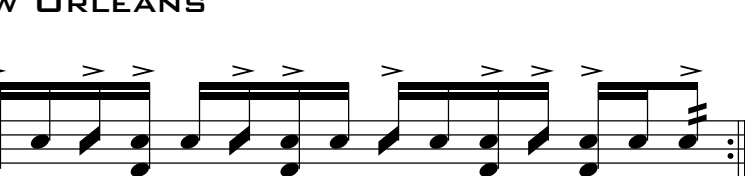
## REGGAE 1



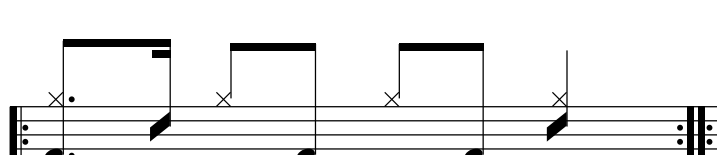
## SHUFFLE



## NEW ORLEANS



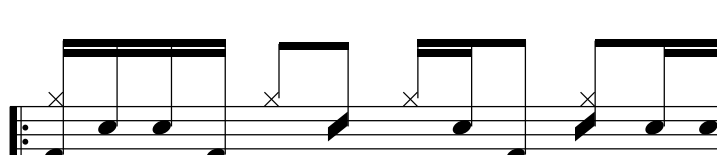
## FUNK 1



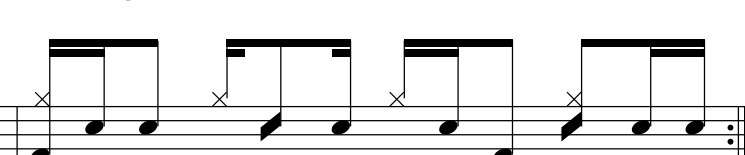
## FUNK 2(BREATHE & STOP)



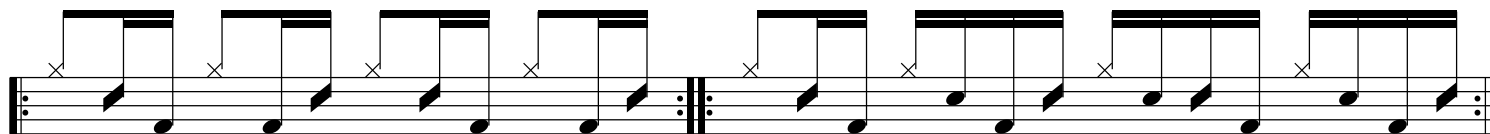
## FUNK 3



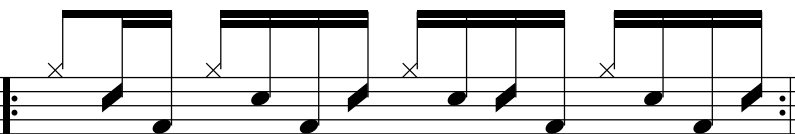
## FUNK 4



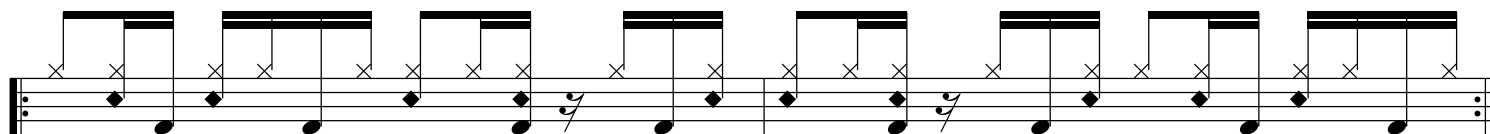
## SONGO 1



## SONGO 2



## CASCARA, 2 3 RUMBA CLAVE & TUMBAO



## CASCARA, 3 2 RUMBA CLAVE & TUMBAO



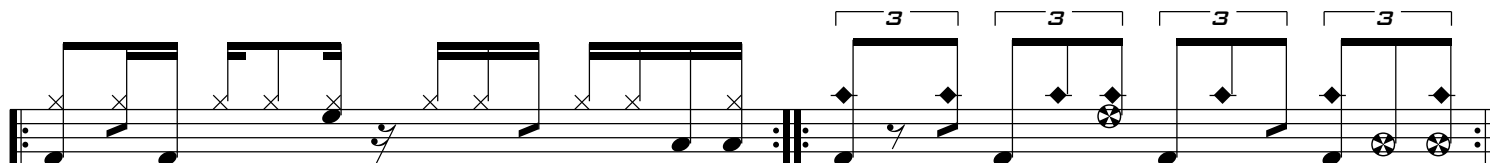
## BAIOM & CASCARA



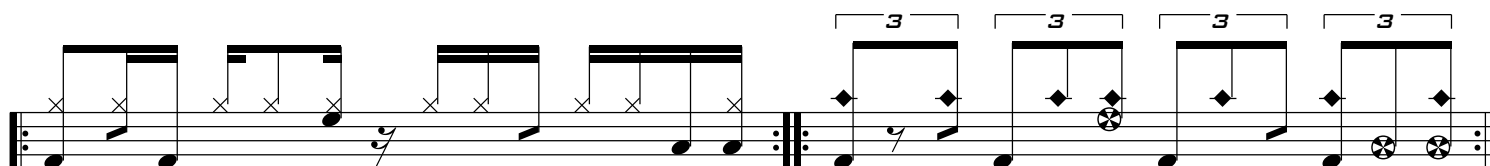
## BOSSA NOVA



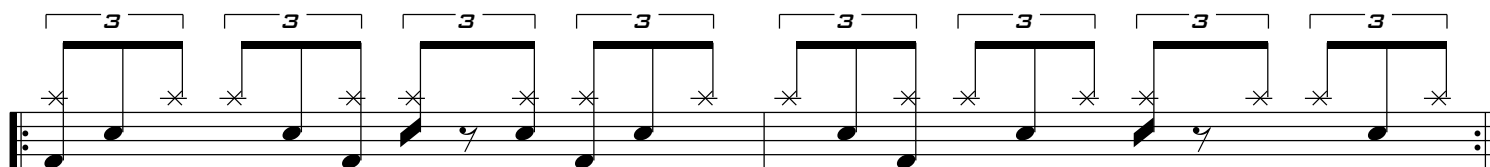
## JAZZ ADAPTATION OF LATIN



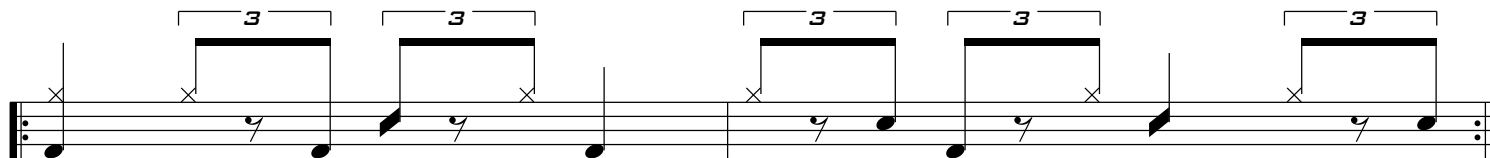
## BEMBE(SIDESTICK & RIDE)



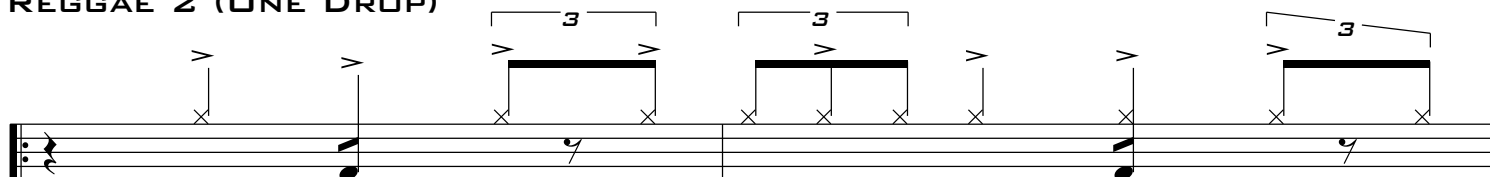
## HALFTIME SHUFFLE (ROSANNA)



## GOGO TYPE BOUNCE GROOVE



## REGGAE 2 (ONE DROP)



## PARTIDO ALTO

