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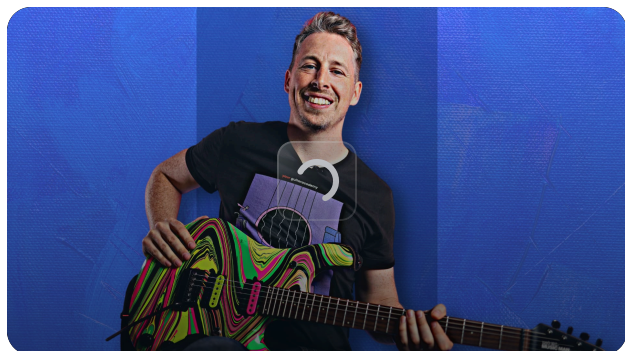
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# Blues Rhythm

Challenges



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## The Grooves

UNIT 1 • **LESSON 3** << PREVIOUS NEXT >>

Lesson notes

Interactive tab

Diagrams

### Slow Blues

Next up we have the slow blues. Now, the essentials of the slow blues technique have been covered in [Blues Essentials Level 2](#), so this lesson is all about taking that and advancing it even further.

### The Tab

UNIT 1

# The Grooves

0% ^

When it comes to blues, we all love the idea of ripping into a face melting, 36 bar solo, taking the audience on a journey through time and space

Lessons:

- The Shuffle
- Texas Shuffle
- Slow Blues
- Moving Riff Blues
- Minor Blues

Standard tuning

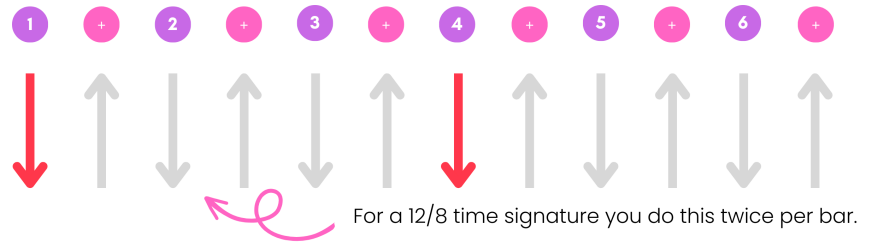
♩ = 65

## The Basic Progression

The tab has all the specific parts (the flicks and fancies), but at the core of this progression is once again a super simple blues 12 bar. We're in the key of Bb to keep testing you in different keys up and down the neck! Remember, for this track, one bar is 12 8th notes, as we're in 12/8 time signature (see rhythm pattern below).

| Bb7 | Eb9 | Bb7 | Bb7 |  
 | Eb9 | Eb9 | Bb7 | Bb7 |  
 | F9 | Eb9 | Bb7 Eb7 | Bb7 F9 | (x4)

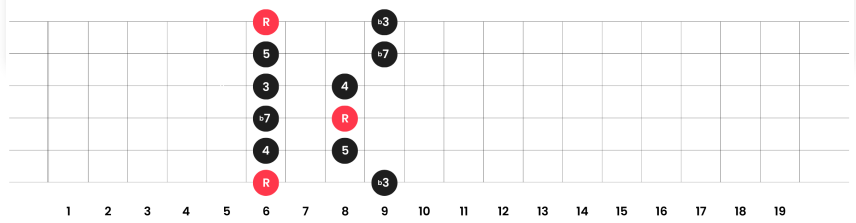
As for that groove, it's all about the 1 and the 4 in a 12/8 or 6/8 timing, like this:



## The Fun Stuff

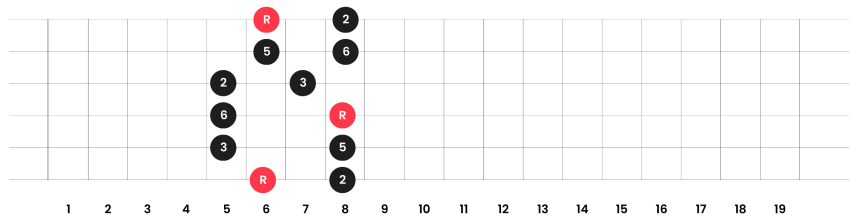
With the core principles out of the way, we can dive into the fun stuff! There is a world of licks and flicks and fills in this track to dive into, and we'll study one at a time in the video. In terms of the ideas we are using for these fills, it's all based around the Bb minor and major pentatonic boxes, as well as the dominant 7th arpeggios. We study them in the video, but it's great to have a visual reference as well. PS If you've never come across these shapes, be sure to tackle [Blues Essentials Level 1](#) & [Blues Essentials Level 2](#).

### Bb Minor Pentatonic Box 1



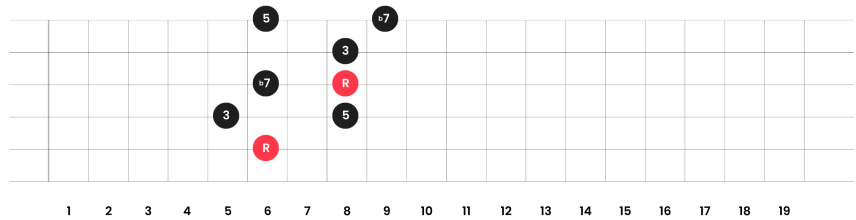
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### Bb Major Pentatonic Box 2



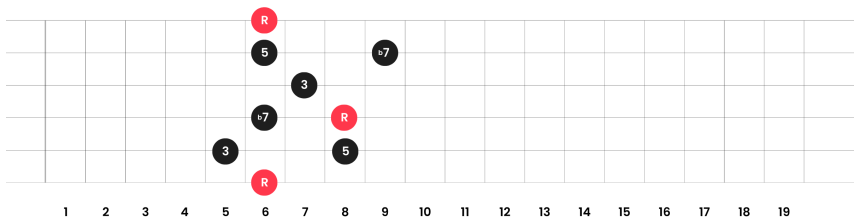
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### Eb7 Arpeggio



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### Bb7 Arpeggio



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“

There we have it! The third groove is done! There are so many little details in this one, but the goal is to be able to improvise using this groove, bringing in your own ideas as well. That's the fun of the slow blues!

DAN HOLTON

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# guitar club

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