

Get **20% off** annual membership before your trial ends – **Only 4 days left**

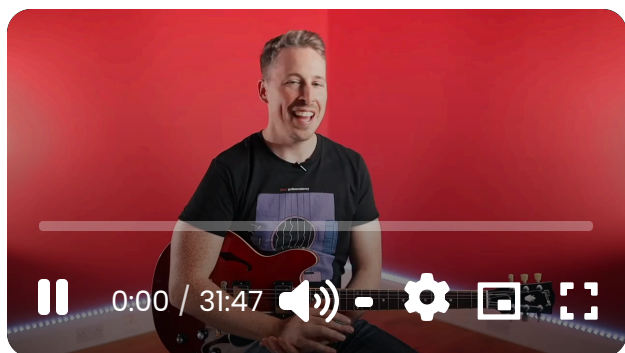
[Back to all courses](#)

# Blues Rhythm

Challenges



Recently viewed



Theatre mode



Backing tracks

Practice summary

+ Add

You haven't logged any practice time for this lesson yet. There's no time like the present to [start](#)

## The Grooves

UNIT 1 • **LESSON 1** NEXT >>

Lesson notes

[Interactive tab](#)

[Diagrams](#)

## The Shuffle

Let's kick off this course with probably the most recognisable blues groove ever. It's at the core of some of the greatest blues records ever made, such as Sweet Home Chicago, Driftin' Blues, and so many more! It is, the formidable, the great, blues shuffle.

## 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

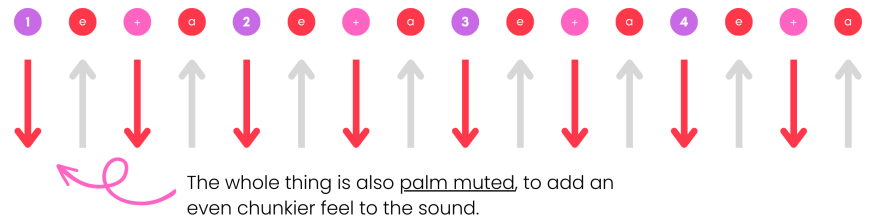
Lessons:

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

## The Basic Progression

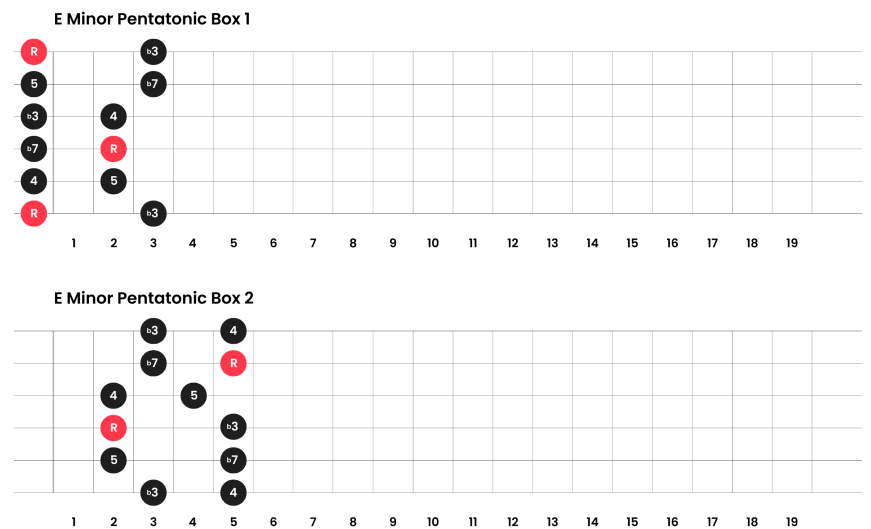
The tab has all the specific parts (the flicks and fancies), but at the core of this progression is a super simple blues 12 bar. We're in the key of E, as that's where this kind of groove is most effective, using the open strings. So, the progression looks like this:

It's really important to understand that this shuffle groove is just an elaborate way to play these three basic dominant 7th chords. That really helps as you start to improvise with this, as you can chop and change between the shuffle and the open chord shapes (or in fact any chord shape on the neck for these chords). Once we have the chords, let's check out the rhythm vibe:



## The Licks

It's also really important to learn where the licks are coming from, so that you can change the key and adapt them as you like. So, the licks in this track are all coming from the E minor Pentatonic Box 1 and 2, in the open positions.



“

There we have it! The first groove is done! The practice starts now as you slowly build up the skills and speed to get this together. Remember don't sweat the tiny details, focus more on the vibe and enjoyment of playing it.

DAN HOLTON

”



**All  
done?**

Click here to mark this lesson as complete.

Not quite done? Check the toolbox for more practice options.

Next lesson

**guitar club**

Made with ❤️ by Your Guitar Academy © 2025



## COURSES

Guitar Skills  
Player Studies  
Theory Lab  
Challenges  
Masterclasses

## TOOLS

Scale Builder  
Practice History

## PRICING

Subscriptions  
Prepaid

## BLOG

Latest Posts  
All Posts

## ACCOUNT

Settings  
Manage subscription  
Order history  
Logout

## COMPANY

Terms & Conditions  
Privacy Policy  
Cookie Preferences

## GET IN TOUCH

contact@guitarclub.io

Currency: £GBP \$USD