





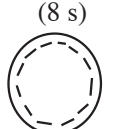
Spillestillinger for hånd:

- Flat hånd innside: "Flat inns."
- Flat hånd utside: "Flat uts."
- Enkeltfinger Flat: "EN Finger"
- Enkeltfinger Negl: "EN Finger-Negl"
- Alle fingre Flat: "Fingre"
- Alle fingre Negl: "Fingre-Negl"
- Knytteneve: "Knytt"

Tempo/Dynamikk:

- Hurtig
- Langsamt
- Varier tempo
- ff - f - mf
- pp - p - mp

[1 takt = 1 sek]

Djembe 1	(11 s) 	<i>Flat inns. Langsamt pp</i>	1	2	3	4	5	6	7	8	9		
Djembe 2	(6 s) 	<i>EN Finger Hurtig mp</i>	1	2	3	4	5	6	(11 s) 	<i>Flat uts. Langsamt mf</i>	7	8	9
Djembe 3	(5 s) 	<i>Flat uts. Langsamt p</i>	1	2	3	4	5	(8 s) 	<i>Knytt Hurtig ff</i>	6	7	8	9

Spillebevegelser/retninger:

- Spiral innover
(spiraler spilles flere ganger om nødvendig - for å fylle ut tidsvarigheten)



- Korte avrundede bev.



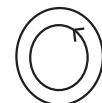
- Spiral utover



- Korte V-bevegelser



- Rundt og rundt vedvarende



- Lange linjer som stopper opp når de skifter retning



- Rundt og rundt korte bev.



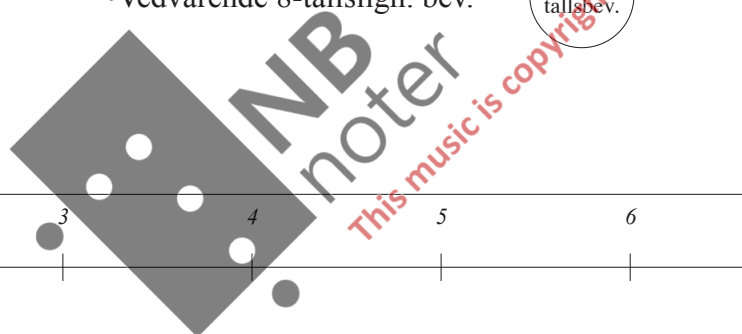
- Korte linjer som stopper opp når de skifter retning



- Vedvarende 8-talls lign. bev.



- "Rabbling"



Djembe 1

10 11 (14 s) *Fingre-Negl Hurtig mp* 12 13 14 15 16 17 18 19

Djembe 2

10 11 12 13 14 15 16 17 (5 s) *Knytt Hurtig ff*
 Vedv. 8-tallsbev. 18 19

Djembe 3

10 11 12 13 (11 s) *Flat inns. Var.tempo pp*
 Vedv. 8-tallsbev. 14 15 16 17 18 19

Djembe 1

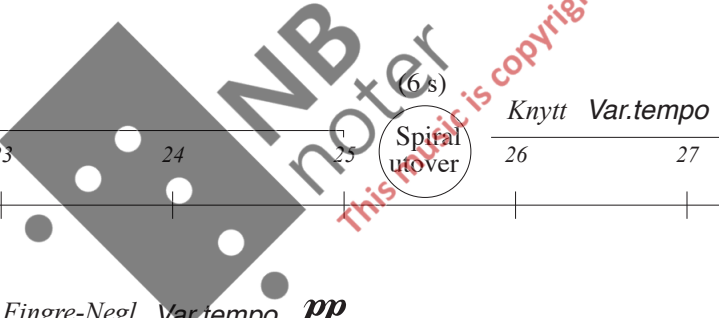
20 21 22 23 24 25 (6 s) *Knytt Var.tempo f*
 Spiral utover 26 27 28 29 30

Djembe 2

20 21 22 (15 s) *Fingre-Negl Var.tempo pp* 23 24 25 26 27 28 29 30

Djembe 3

20 21 22 23 24 (10 s) *Flat uts. Langsomt f* 25 26 27 28 29 30



Djembe 1

(9 s) **Spiral innover**

Fingre Langsomt ff

31 32 33 34 35 36 37 38 39

Djembe 2

(14 s) **Spiral innover**

Fingre Hurtig p

31 32 33 34 35 36 37 38 39

Djembe 3

(9 s)

Fingre Var.tempo pp

31 32 33 34 35 36 37 38 39

Djembe 1

(15 s)

EN Finger-Negl Var.tempo mp

40 41 42 43 44 45 46 47 48

Djembe 2

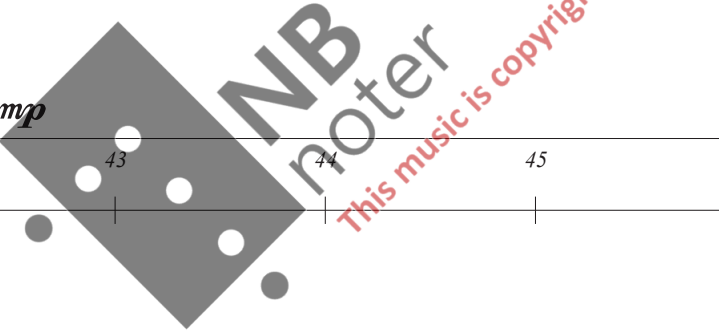
40 41 42 43 44 45 46 47 48

Djembe 3

(6 s)

EN Finger-Negl Langsomt f

40 41 42 43 44 45 46 47 48



RUB

4

Djembe 1

49 50 51 52 53 54 55 (13 s) EN Finger Hurtig **f** 56 57 58 59 60

Djembe 2

49 50 51 (7 s) EN Finger-Negl Langsomt **ff** 52 53 54 55 56 57 58 (8 s) Flat inns.Var tempo **mf** 59 60

Djembe 3

49 (14 s) Knytt Hurtig **ff** 50 51 52 53 54 55 56 57 58 59 60

Djembe 1

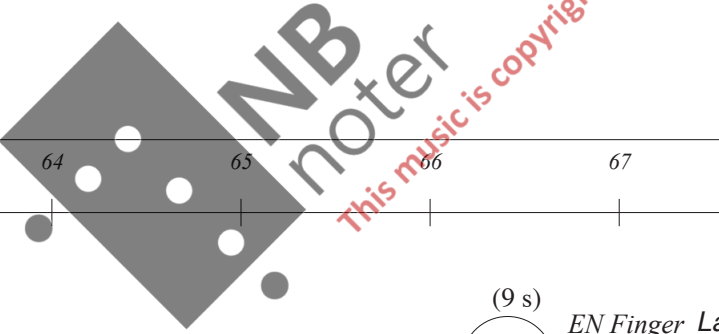
61 62 63 64 65 66 67 68 (5 s) Vedv. 8-tallsbev. Flat uts. Langsomt **p** 69 70

Djembe 2

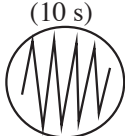
61 62 63 64 65 66 (9 s) Spiral utover EN Finger Langsomt **f** 67 68 69 70

Djembe 3

61 62 63 (15 s) Spiral innover Fingre-Negl Var tempo **pp** 64 65 66 67 68 69 70




Djembe 1

71 72 73  (10 s) 74 75 76 77 78 79 80

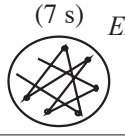
EN Finger-Negl Var.tempo mp

Djembe 2

71 72 73 74 75  (12 s) 76 77 78 79 80


Fingre-Negl Var.tempo p

Djembe 3

71 72 73 74 75 76 77 78  (7 s) 79 80

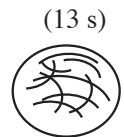
EN Finger Langsomt mp

Djembe 1

81 82 83  (12 s) 84 85 86 87 88 89

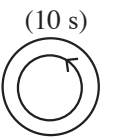
Fingre-Negl Hurtig mf

Djembe 2

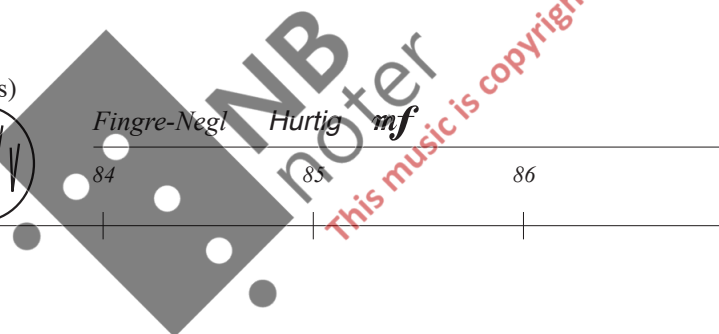
81 82 83 84 85 86 87  (13 s) 88 89

EN Finger Hurtig f

Djembe 3

81 82 83 84 85  (10 s) 86 87 88 89

Flat uts. Hurtig p



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Djembe 1

90 91 92 93 94 95 (7 s) 96 97 98 99

Djembe 2

90 91 92 93 94 95 96 97 98 99

Djembe 3

90 91 92 93 94 95 (14 s) 96 97 98 99

Fingre Langsomt mp

Fingre-Negl Var.tempo f

Vedv. 8-tallsbev.

Djembe 1

100 101 102 (8 s) 103 104 105 106 107 108 109 110 (11 s) 111 112

Djembe 2

100 (10 s) 101 102 103 104 105 106 107 108 109 110 (12 s) 111 112

Djembe 3

100 101 102 103 104 105 106 107 108 109 (5 s) 110 111 112

Flat uts. Hurtig f

EN Finger Var.tempo pp

EN Finger-Negl Var.tempo ff

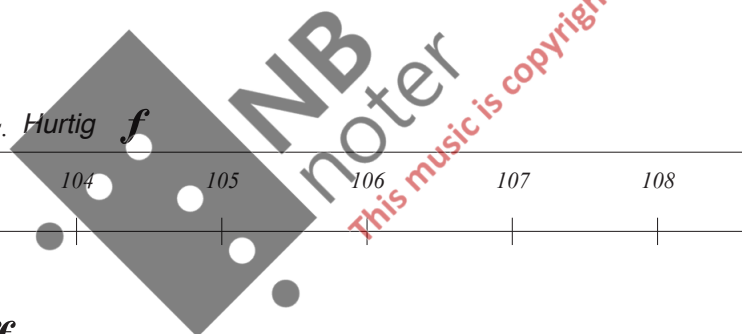
Fingre Hurtig p

Fingre Langsomt mf

Vedv. 8-tallsbev.

Spiral innover

Spiral utover



Djembe 1

Djembe 2

Djembe 3

113 114 115 116 117 118 119 120

113 114 115 116 117 118 119 120

113 114 115 116 117 118 119 120

(11 s)

EN Finger Hurtig mp

Djembe 1

Djembe 2

Djembe 3

121 122 123 124 125 126 127 128 129

121 122 123 124 125 126 127 128 129

121 122 123 124 125 126 127 128 129

(6 s)

Knytt Hurtig mf

(8 s)

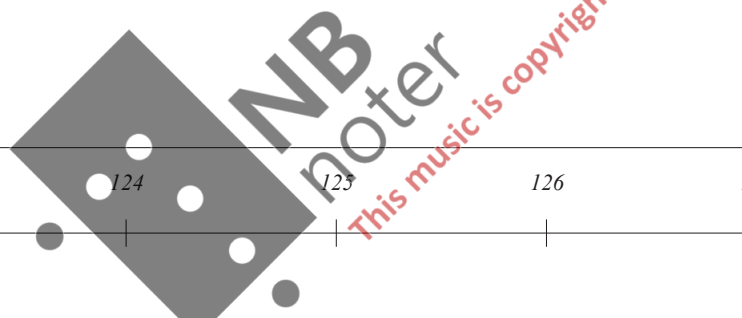
Flat uts. Langsomt mp

(14 s)

Flat inns. Var.tempo ff

(7 s)

Knytt Var.tempo pp



Djembe 1

130 131 132 133 134 135 136 137 138 139

Djembe 2

130 (14 s) Flat inns. Hurtig *pp*
131 132 133 134 135 136 137 138 139

Djembe 3

130 (9 s) Spiral innover EN Finger-Negl Hurtig *mp*
131 132 133 134 135 136 137 138 139

Djembe 1

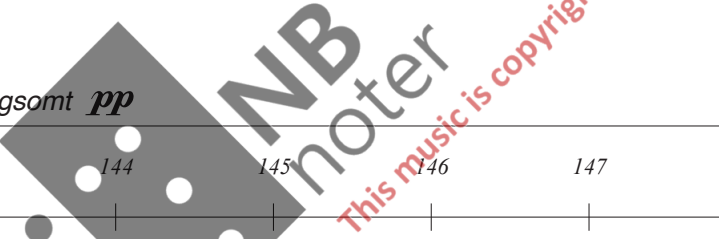
140 (8 s) Fingre-Negl Langsomt *pp* (5 s) Flat uts. Hurtig *ff*
141 142 143 144 145 146 147 148 149 150 151

Djembe 2

140 (15 s) Knytt Var.tempo *mf*
141 142 143 144 145 146 147 148 149 150 151

Djembe 3

140 (8 s) Flat inns. Langsomt *ff* (15 s) Fingre Var.tempo *mf*
141 142 143 144 145 146 147 148 149 150 151



(12 s)

Spiral innover

EN Finger-Negl Langsomt p

Djembe 1

152 153 154 155 156 157 158 159 160

Djembe 2

152 153 154 155 156 157 158 159 160

(11 s)

Fingre Langsomt *mp*

Djembe 3

152 153 154 155 156 157 158 159 160

(15 s)

Flat inns. Var.tempo *mf*

Djembe 1

161 162 163 164 165 166 167 168 169

Djembe 2

161 162 163 164 165 166 167 168 169

(13 s)

Fingre-Negl Hurtig *p*

Djembe 3

161 162 163 164 165 166 167 168 169

NB noter

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RUB

10

170 171 172 173 174 175 176 177 178 179

Djembe 1

(6 s)

170 171 172 173 174 175 176 177 178 179

Djembe 2

(13 s)

170 171 172 173 174 175 176 177 178 179

Djembe 3

(6 s)

170 171 172 173 174 175 176 177 178 179

EN Finger Var. tempo p

EN Finger-Negl Langsomt mf

Flat inns. Langsomt f

180 181 182 183 184 185 186 187 188

Djembe 1

(10 s)

180 181 182 183 184 185 186 187 188

Djembe 2

(12 s)

180 181 182 183 184 185 186 187 188

Djembe 3

Fingre Langsomt pp

EN Finger-Negl Hurtig mf



189 190 191 192 193 194 195 196

Djembe 1

(13 s) Spiral utover *Knytt Var.tempo p*

189 190 191 192 193 194 195 196

Djembe 2

(5 s) Spiral utover *Fingre-Negl Hurtig ff* (10 s) *Flat inns. Var.tempo mf*

189 190 191 192 193 194 195 196

Djembe 3

(9 s) *EN Finger Langsomt ff*

197 198 199 200 201 202 203

Djembe 1

197 198 199 200 201 202 203

Djembe 2

197 198 199 200 201 202 203

Djembe 3