

Single-stroke rolls

- First, practice “open-close-open” on a single string
 - Start very slowly with big arm motions from the shoulders
 - Gradually speed up, bringing the movement first into the elbows, then the wrists, then the fingers
 - Stay at your fastest speed for a bit; push faster, but stay loose
 - Then, gradually slow back down, bringing the movement slowly back to wrists, then elbows, then shoulders
- Then, practice up and down a few notes, e.g.:



- Use the time you spend on one note to focus on your technique; then try to keep that technique as you move up and down the scale
- Single-stroke rolls are the key to fiddle tunes, such as Devil’s Dream. Start with the repetitive measures so you can focus on your technique

Devil’s Dream

