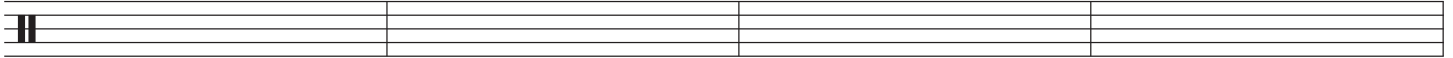


# Lesson 4 - The Hemiola Polyrhythm

## Conga Soloing 101 Course Worksheet

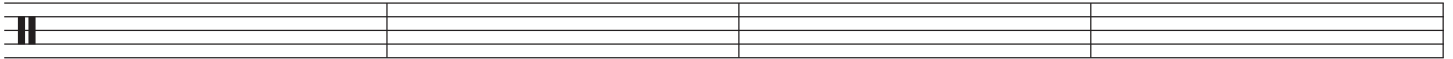
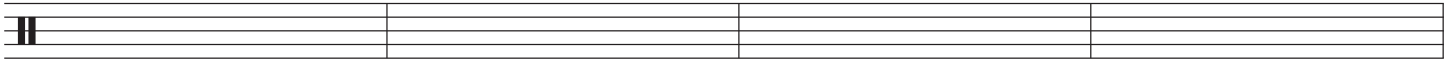
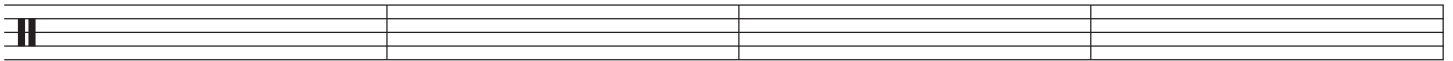
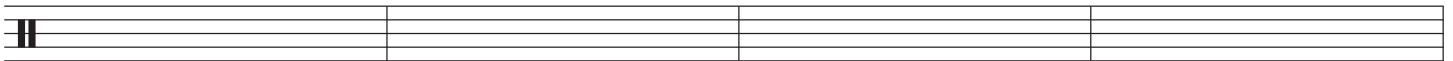
### Exercise 1

120bpm



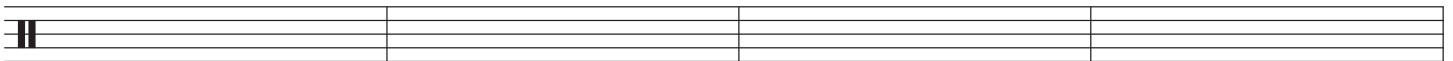
### Exercise 2 | 2-3 Clave

75bpm



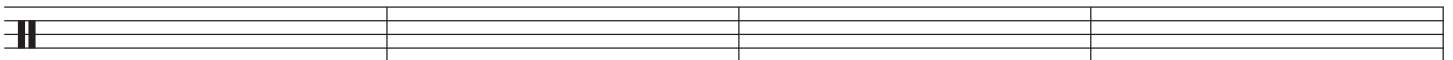
### Exercise 3 | 2-3 Clave

120bpm | 75bpm | 100bpm



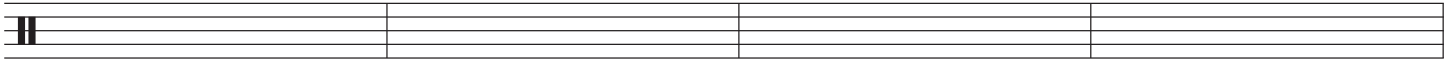
### Exercise 4 | 2-3 Clave

75bpm | 100bpm



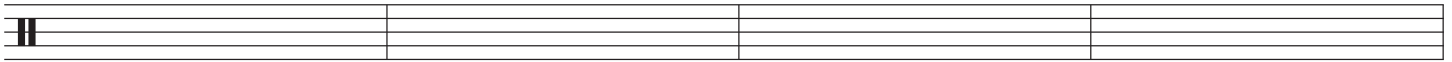
**Exercise 5 | 3-2 Clave**

75bpm | 100bpm



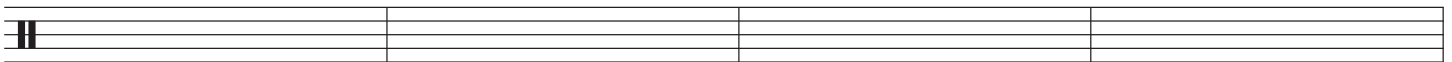
**Exercise 6 | 3-2 Clave**

100bpm | 75bpm | 100bpm



**Exercise 7 | 3-2 Clave**

60bpm | 75bpm | 100bpm



**Exercise 8 | Palmieri Montuno 1**

60bpm | 75bpm | 110bpm



**Exercise 9 | Palmieri Montuno 2**

60bpm | 75bpm | 115bpm

