

Transitions

Example Progression: G – Em – Am – D

Example Rhythm: d d u d d u
1 2 + 3 4 +

-Steps-

1) Play “G” chord and strum rhythm while lifting off on last “4 +” or “d u”. Stop and repeat as necessary.

Example:

G	Lift Off		G	Lift Off
d d u d d u			d d u d d u	
1 2 + 3 4 +	Stop!		1 2 + 3 4 +	Stop!

2) Play “G” chord and strum rhythm while lifting off on last “4 +” or “d u” while continuously or constantly strumming. No stopping.

Example:

G	Lift Off	G	Lift Off	G	Lift Off	G	Lift Off
d d u d d u		d d u d d u		d d u d d u		d d u d d u	
1 2 + 3 4 +		1 2 + 3 4 +		1 2 + 3 4 +		1 2 + 3 4 +	

3) Repeat Steps 1 and 2 with the Em Chord

4) Play “G” chord and strum rhythm while lifting off on last “4 +” or “d u” while continuously or constantly strumming. Go immediately to Em chord and strum rhythm while lifting off on last “4 +” or “d u” while continuously or constantly strumming. Go between those two chords.

Example:

G	Lift Off	Em	Lift Off	G	Lift Off	Em	Lift Off
d d u d d u		d d u d d u		d d u d d u		d d u d d u	
1 2 + 3 4 +		1 2 + 3 4 +		1 2 + 3 4 +		1 2 + 3 4 +	

Repeat Steps 1 and 2 with Am Chord. | Repeat Step 4 with Em and Am.

Repeat Steps 1 and 2 with D Chord. | Repeat Step 4 with Am and D.

Repeat Step 4 with D and G

***This is very important. All progressions and songs happen multiple times within a piece of music. We must be able to repeat the whole progression as necessary.*

*Take groups of two chords. Isolate and work through steps with two chords.

*Go as slow as you need | *Lift Offs apply to all Rhythms