

SHEKERE BASICS

Studies in Sound and Technique

Steve Hemphill

ROCKING MOTION FUNDAMENTALS - Back & Forth

("Pouring" Motion - mostly downward) (More Sideways Motion)

"Shekere Rhythm"

re She ke re She ke

(RH Push-Up)

Shekere Basics

4/4
R L R L R L R L R L R L R L R L

4/4
R L R L R L R L R L R L R L R L

DIRECTIONAL LEANS

12/8
Right Lean Left Lean
R L R L R L R L L R L R L R L

12/8
Right Lean Left Lean
R L R L R L R L L R L R L R L

12/8
Right Lean Left Lean
R L R L R L L R L R L R L

12/8
Right Lean Left Lean Right Lean Left Lean
R L R L L R L R L R L R L

12/8
Right Lean Left Lean Right Lean Left Lean
R R L L R L R L

12/8
Right Lean Left Lean
R L R L R L R L L R L R L R L

12/8
Lift Lift
R R L L R L R L

Shekere Basics

DOUBLE RIGHTS

Rhythm Set

Five staves of musical notation in 12/8 time. The first staff is labeled "Double Right" and includes the notes R L R L R R L R L with the instruction "Tap-Push". The second staff is also labeled "Double Right" and includes the notes R L R L R R L R L with the instruction "Tap-". The remaining three staves show rhythmic patterns with notes R L R L R R L R L and various accents and slurs.

BEAD SWIRLS

Six staves of musical notation. The first two staves are in 4/4 time and include the notes R L R L R L R L with the instruction "Pattern Prep". The remaining four staves are in 12/8 time and include the notes R L R L R L R L with the instruction "Bead Swirl". The sixth staff includes the notes R L R L R L R L with the instruction "Lift" and a note marked with an asterisk: "*Strike/Push to the left...".

Shekere Basics

4

TRIPLETS

(small/short motions)

DOUBLE LEFTS

(pause/stop)

AFUCHE-STYLE SWIRLS

(long sounds)

Afuche Swirl

[Wrist snap-turn & lift-gravity float; hold gourd firmly with LH]

Shekere Basics

RIGHT HAND ROTATION from a fixed Left Hand (RH moves only)

INSTRUMENT ANGLES

L-Shape Patterns

FINGERING BEADS FROM BELOW (cradle shekere)

Four-Bar Phrase:

Shekere Basics

6

"WEST SIDE STORY" EXERCISE

Reverse

SPEED DEVELOPMENT EXERCISE

(Push tempo and reduce motions)

Reverse

LIGHT (LOW) TOSS EXERCISE

[With fingertips, toss gourd back & forth]

Reverse

ROLL EXERCISE

(Shake RH; Pivot on LH)

(Shake LH; Pivot on RH)

HIGH TOSS & CATCH EXERCISES

(Catch with Both Hands)

Toss Upward:
Counter-Clockwise
Motion - 1 Full Circle

(Catch in Rhythm: Right, then Left)

Toss Upward:
Counter-Clockwise
Motion

(RH: position of
gourd is almost
straight up & down)

(Catch w/LH)

Toss Upward:
Counter-Clockwise
Motion

"Double Right"

Tap-Push

(Catch w/LH)

Push/Toss Upward (low):
Counter-Clockwise
Motion - VERY QUICK!

Shekere Basics

7

GROOVE WITH ACCENTS

4/4 R L R L R L R L R L R L R L R L

4/4 R L L R L L R L R L R L R L R L

4/4 R L L R L L R L R L R L R L R L

4/4 R L R L R L R L R L R L R L R L

12/8 R L R L R L R L R L R L R L R L

12/8 R L R L R L R L R L R L R L R L

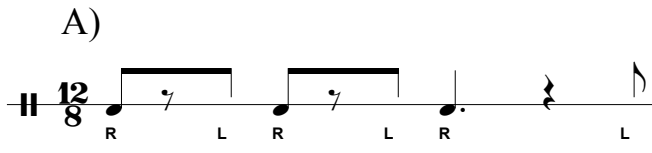
(Slower Tempo Required)

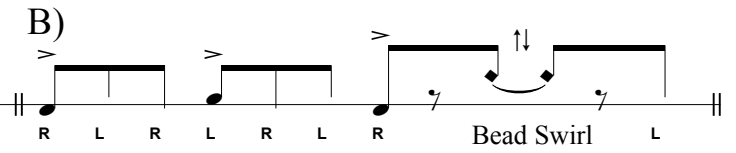
12/8 R L R L R L R L R L R L R L R L

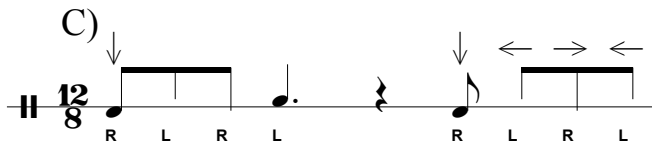
12/8 R L R L R L R L R L R L R L R L

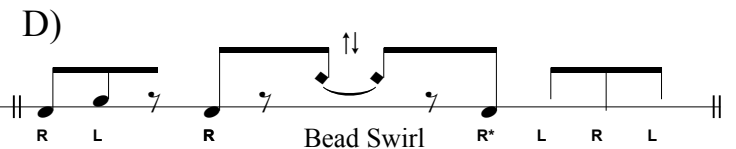
12/8 R L R L R L R L R L R L R L R L

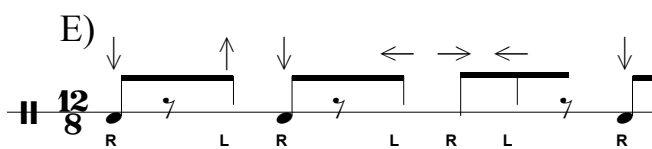
6-PART GROOVE

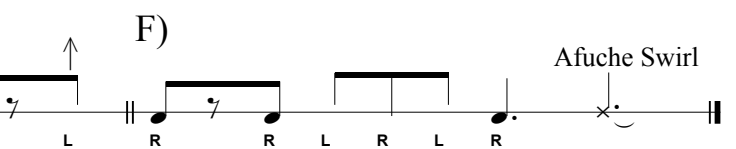
A) 

B) 

C) 

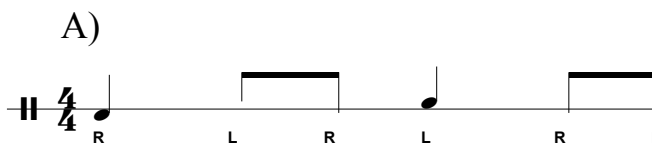
D) 

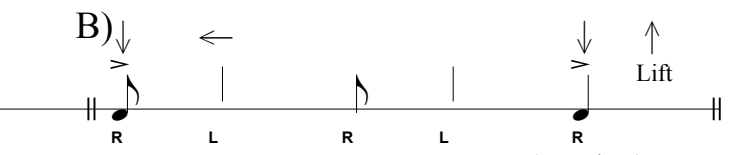
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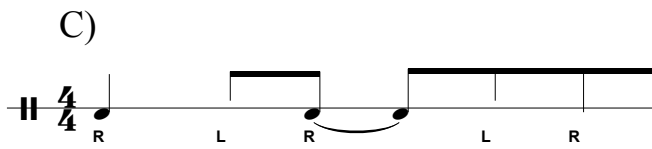
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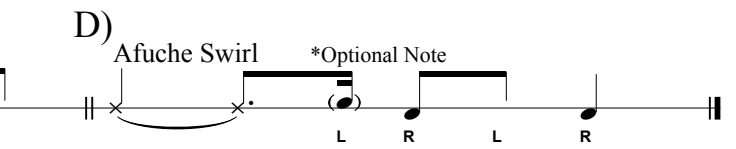
*Strike/Push to the left...

4-PART GROOVE

A) 

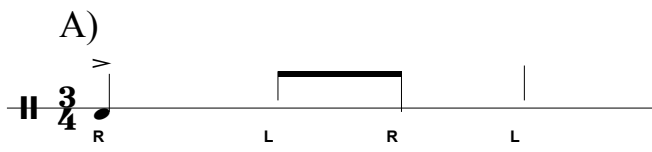
B) 

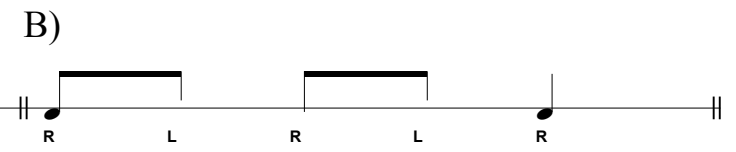
C) 

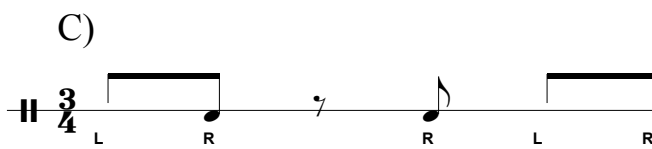
D) 

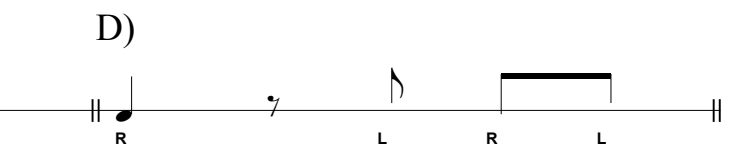
[Wrist snap-turn & lift-gravity float; hold gourd firmly with LH]

4-PART GROOVE

A) 

B) 

C) 

D) 

Shekere Basics

STOP-TIME PHRASES

12/8 R L R L R L R L R L

12/8 R L R L L R R L R L

12/8 R L R R L R R L R L

12/8 R L R L R L L L

12/8 R L R R L R R L R L

LEFT HAND LEADS

12/8 L R L R L R L R

12/8 L R L R L R L R

12/8 L L R L R L R L R L R

12/8 L R L R L R L R L R R L R

12/8 L R L R L R L R L R R L R

Shekere Basics

LEFT HAND LEADS

4/4 L R L R L R L R L R L R

4/4 L R L R R L R L R L R

4/4 L R L R L R L R L R

4/4 L R L R L R L R L R

Push Ups (bounce)-----

4/4 L R L R L R L R L R

4/4 L R L R L R L R L R

4/4 L R L R L R L R

Push Up

4/4 L R L R L R L R L R

4/4 L R L R L R L R L R

4/4 L R L R L R L R L R

4/4 L R L R L R L R

Shekere Basics

11

MISCELLANEOUS SHEKERE

The image contains ten musical staves for Shekere. The first three staves are in 4/4 time, the fourth and fifth in 12/8 time, and the remaining six in 4/4 time. Each staff shows rhythmic patterns with notes and rests, and includes letters 'L' and 'R' indicating hand movements. Some staves include 'Bead Swirl' and 'Toss' annotations with arrows.

(Use a centered fulcrum, with LH/RH movements forward and back; mostly fingertips)

On Right Side (at center of body) On Left Side (at center of body)

-- neck is pointly slightly outward on 2 & 4 -- -- bottom is pointly slightly outward on 2 & 4 --

Shekere Basics

12

AFRO-CUBAN

3/4
R L (Bell Pattern)
L R L R L Reverse

3/4
R L R L R L R L R L R L

12/8
R L R L R L R L R L R L

3/4
R L R L R L Morph...
R L R L R L R L R L

4/4
R L R L R L (Bell Pattern)

4/4
R L R L R L R L R L Reverse
L R L R L R L R L R L

4/4
R L R L R L R L R L

4/4
R L R L R L R L R L Reverse
L R L R L R L R L R L

4/4
R L R L R L R L R L

4/4
R L R L R L R L R L

4/4
L R R L R L R L

Shekere Basics

BASIC GROOVE

Musical notation for the basic groove in 4/4 time. The staff shows a sequence of notes with accents and rests, with rhythmic patterns R L R, L R L, R L, and R L L indicated below.

Variations,
Fills, &
Breaks

Musical notation for the first variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L, R L R L.

Musical notation for the second variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L, R L R L.

Musical notation for the third variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L, R L R L.

Musical notation for the fourth variation in 4/4 time, featuring a different rhythmic pattern R, L, R, L.

Musical notation for the fifth variation in 4/4 time, featuring a different rhythmic pattern R L R, L R, L R, L R L.

Musical notation for the sixth variation in 4/4 time, featuring a different rhythmic pattern R L R, L, R L, R L.

Musical notation for the seventh variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L R, L R L, with a triplet of R L R.

Musical notation for the eighth variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L L, R L.

Musical notation for the ninth variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L L, R L L.

Musical notation for the tenth variation in 4/4 time, featuring a different rhythmic pattern R, L, R, L, L.

Musical notation for the eleventh variation in 4/4 time, featuring a different rhythmic pattern R L R, L R L, R L R, L.