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

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