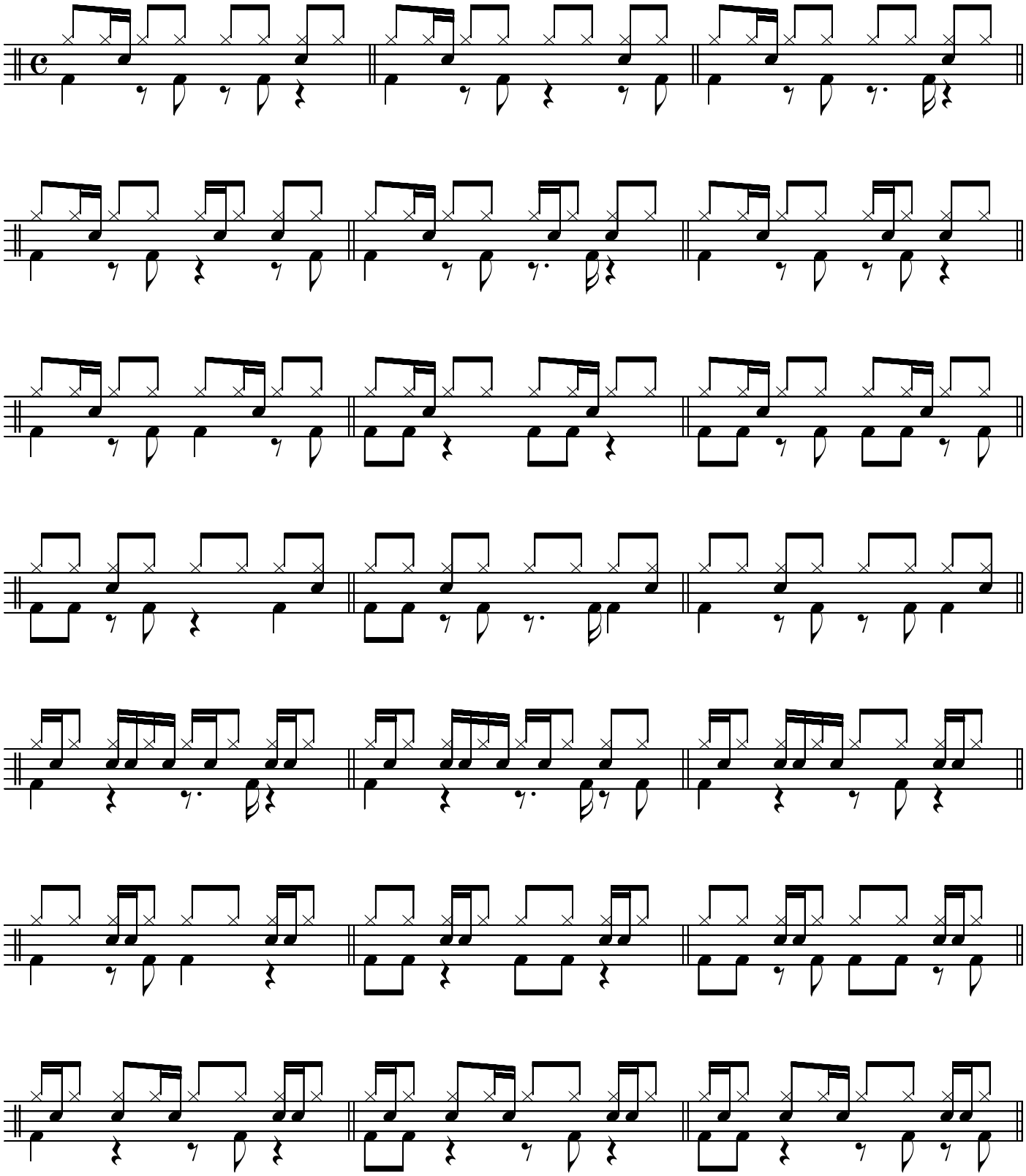
Rock Beat SD/BD Combos 2

1) Practice each pattern several times until it locks into a comfortable groove
2) Practice alternating between two or more patterns
3) Play through all the patterns in any order