

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

# RHYTHMS WORKSHEET

4/4 TIME

Name: \_\_\_\_\_

## Body Rhythms No. 1 (Clap and Knees)

CLAP  $\left[ \begin{array}{l} \frac{4}{4} \\ \frac{4}{4} \end{array} \right.$

CL <sup>5</sup>

KN

CL <sup>9</sup>

KN

CL <sup>13</sup>

KN

CL <sup>16</sup>

KN

16

24

32

41

**In the blank space below, create your own rhythm. Write it in 4/4 time. Under your rhythm, please write in the counts. Here is what is must contain:**

- 4 bars with barlines
- at least 1 tied note
- at least 1 dotted note
- at least 4 sixteenth notes
- at least a quarter, eighth, half,
- Only one whole note
- NO rests