

Counting Rhythms

Music

The syllables that make a rhythm countable out loud, and where each one lands.

Counting in 4/4. Say it, clap it, then play it.

Division	Count	Per beat
Quarters	1 · 2 · 3 · 4	1
Eighths	1 and 2 and	2
Sixteenths	1 e and a	4
Triplets	1 trip let	3
Dotted quarter	1 and 2 (tie)	1½ beats
Syncopated eighths	1 AND 2 AND	off-beat stress

Keep your foot on the quarter note whatever you are counting. The pulse is the reference, not the rhythm.