

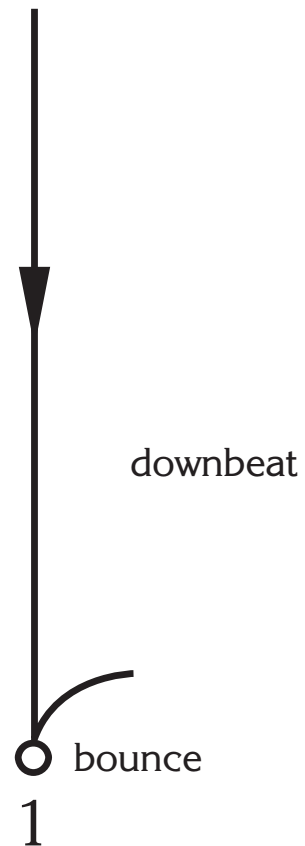
The Downbeat

Each beat pattern begins with a strong downward arm motion. This shows the downbeat. It occurs on the first beat of every measure, regardless of the time signature.

To practice the downbeat, stand with your feet slightly apart, extend your right arm forward from your shoulder, and bend your elbow. Keep your hand relaxed and turn your palm slightly down. Make a strong movement downward, ending in a little bounce at about waist level.



Practice this motion, saying “one” as you make the bounce at the bottom.



Listen to **11** on the CD, “Sweet Is the Work” (*Hymns*, no. 147). Count out loud with the voice on the CD. Practice the downbeats by bringing your arm down every time you say “one.”