

# Swing Exercise for Improvisation

This exercise takes you through fast, swing runs common to hip-hop and R&B styles

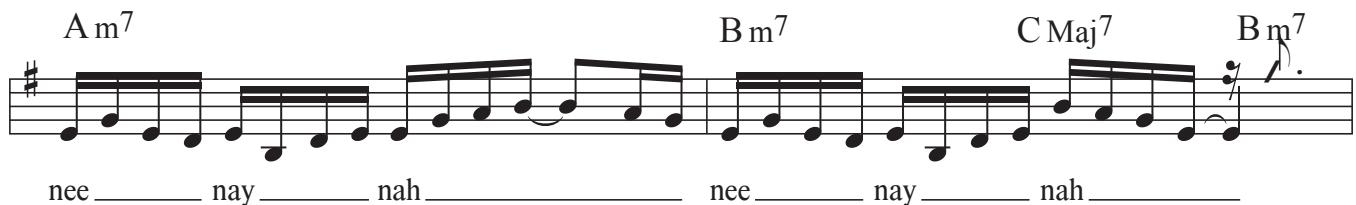
♩ = 70 Swing 16ths subdivision, a bit laid back



E m<sup>7</sup>

nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_ nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_

A musical staff in E major (one sharp) with a 4/4 time signature. It features a continuous pattern of 16th-note swing subdivisions. The lyrics "nee \_\_\_\_ nay \_\_\_\_ nah" are repeated twice below the staff.



A m<sup>7</sup>                      B m<sup>7</sup>                      C Maj<sup>7</sup>                      B m<sup>7</sup>

nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_ nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_

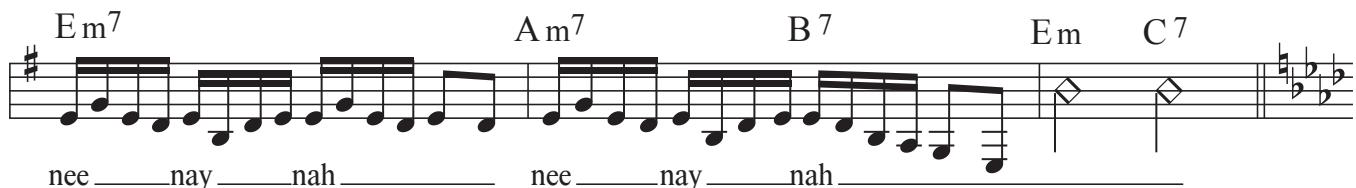
A musical staff in A major (no sharps or flats) with a 4/4 time signature. It includes four different chord progressions: A m<sup>7</sup>, B m<sup>7</sup>, C Maj<sup>7</sup>, and B m<sup>7</sup>. The lyrics "nee \_\_\_\_ nay \_\_\_\_ nah" are repeated twice below the staff.



A m<sup>7</sup>                      B m<sup>7</sup>                      C Maj<sup>7</sup>                      B<sup>7</sup>                      NC

nah nah nah nah nnn nah nah nah nah nah nah ooh \_\_\_\_\_

A musical staff in A major (no sharps or flats) with a 4/4 time signature. It includes chords A m<sup>7</sup>, B m<sup>7</sup>, C Maj<sup>7</sup>, B<sup>7</sup>, and NC (Natural Minor). The lyrics "nah nah nah nah nnn nah nah nah nah nah nah ooh" are repeated once below the staff.



E m<sup>7</sup>                      A m<sup>7</sup>                      B<sup>7</sup>                      Em                      C<sup>7</sup>

nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_ nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_

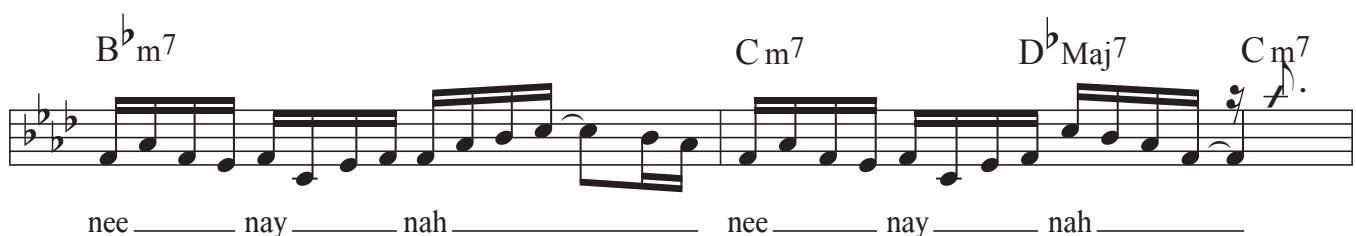
A musical staff in E major (one sharp) with a 4/4 time signature. It includes chords E m<sup>7</sup>, A m<sup>7</sup>, B<sup>7</sup>, Em, and C<sup>7</sup>. The lyrics "nee \_\_\_\_ nay \_\_\_\_ nah" are repeated twice below the staff.



F m<sup>7</sup>

nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_ nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_

A musical staff in F major (no sharps or flats) with a 4/4 time signature. It features a continuous pattern of 16th-note swing subdivisions. The lyrics "nee \_\_\_\_ nay \_\_\_\_ nah" are repeated twice below the staff.



B<sup>♭</sup> m<sup>7</sup>                      C m<sup>7</sup>                      D<sup>♭</sup> Maj<sup>7</sup>                      C m<sup>7</sup>

nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_ nee \_\_\_\_ nay \_\_\_\_ nah \_\_\_\_\_

A musical staff in B-flat major (two flats) with a 4/4 time signature. It includes chords B<sup>♭</sup> m<sup>7</sup>, C m<sup>7</sup>, D<sup>♭</sup> Maj<sup>7</sup>, and C m<sup>7</sup>. The lyrics "nee \_\_\_\_ nay \_\_\_\_ nah" are repeated twice below the staff.

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**B<sup>b</sup>m7      C m7      D<sup>b</sup>Maj7      C 7      NC**

nah nah nah nah nnn nah nah nahnah nah ooh \_\_\_\_\_

**F m7      B<sup>b</sup>m      C 7      F m      C #7**

nee nay nah nee nay nah \_\_\_\_\_

**F#m7      C 7      B m7      F#m7**

nee nay nah nee nay nah \_\_\_\_\_

**B m7      C#m7      D Maj7      C#m7**

nee nay nah nee nay nah \_\_\_\_\_

**B m7      C#m7      D Maj7      C#7      NC**

nah nah nah nah nnn nah nah nahnah nah ooh \_\_\_\_\_

**F#m7      B m      C#7      F#m**

nee nay nah nee nay nah \_\_\_\_\_