

a. *7/4 Improv* - In the beginning, as people start to learn how to improv in 7/4 it's best to feel the initial pulse of the two half notes for 4 beats and the two dotted quarter notes to equal 3. You can mimic you're improv around this beat to help you stay focused within the meter.

After you feel comfortable with this we will want to feel all four beats up front instead of two half notes. So we will think, "1,2,3,4" then keep the two dotted quarter notes. Our goal is to be able to internalize all 7 beats individually.

Finally, we will feel all 3 beats at the end on top of the 4 so that we are just feeling all 7 beats as we solo. This final step will lead to true freedom over the 7/4 time signature.

The image shows a musical staff in 7/4 time with a treble clef. The staff contains a sequence of notes: a dotted half note (4 beats), a dotted quarter note (1 beat), and a quarter note (1 beat). Above the staff, the chords D-7, G7, and CMAJ7 are indicated. A blue 'a' is written above the first dotted quarter note. A small 'a' is written below the first note of the staff.