

Two Triple Paradiddles followed by One Single Stroke
Paradiddles move Forward in Time One 32nd Note

or:

R L R L R L R R L R L R L R L L R L R L R L R L L R L R L R L R
 L R L R L R L L R L R L R L R R L R L R L R L R R L R L R L R L

R L R L R L R L R R L R L R L R L L R L R L R L R L R L R L R L R L
 L R L R L R L L R L R L R L R R L R L R L R L R R L R L R L R L

L R R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R
 R L L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

L R L R R L R L R L R L R R L R L R L R L R L R L R L R L R L R L R L
 R L R L L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R