

Most people first learn to put open hi-hat notes into a standard 4/4 rock groove by opening the hi-hat on the last quaver of the bar. Like this -



What we're going to now, is play a rock groove in 7/8 time, instead. But we're going to keep the open hi-hat pattern shown above - ie. opening the hihat on every eighth quaver.

But because the groove is in 7/8, there is no "eighth quaver" in the bar, which means that the first open hi-hat will come on beat 1 of the 2nd bar of the groove, then on beat 2 of the 3rd bar, and so on. The open hi-hat note should "travel" through the bar, getting one quaver beat later each time; after an eight-bar sequence, the pattern should come back "in sync" with itself.

Like this -



Effectively, your right foot and left hand (bass drum and snare drum) are playing in 7/8 time, while your right hand and left foot (hi-hat) are still in 4/4.

(If you are left-handed, the rights and lefts are all swapped round. Obviously.)