From beat to first demo

A 30-minute writing exercise. Any permitted instrumental. Any recorder.

Song / session name

Beat, producer and permission reference

What changes in this song?

SECTION PLAN Tempo: _____ BPM Beats per bar: _____

Section	Number of bars	Entry / time	Purpose
Intro			
Verse			
Hook			
Outro			

Example: 4 + 8 + 4 + 4 bars at 90 BPM, four beats per bar = 53.3 seconds.
Check the actual beat: pickups, count-ins and tempo changes alter timestamps.

30-MINUTE ROUTE

00-05 Listen and count. Find the first full bar and a repeatable loop.

05-10 Choose one thought. Speak it against the beat before finding rhymes.

10-18 Draft four bars. Record take A at the actual tempo.

18-25 Change one phrase or entry. Keep the loop and level; record take B.

25-30 Listen without reading. Keep, revise and write down the next decision.

Use your own language and natural stress. Leave room for the thought.

Copy for personal use or teaching with credit. This is not a beat licence.

Write. Record. Choose.

Capitals: emphasis. Slash: a proposed space. Test both against your beat.

Lyric draft / entry words / breaths

Original revision example:

I had a whole speech that I wanted to say, but I let half of it go

Try: I had a whole speech; I let half of it go.

Take A: late entries, breath, words heard, image remembered

Take B: change one thing; did clarity and energy improve?

Decision: keep / revise / next take

HANDOFF CHECK

[ ] Permission checked [ ] Common start [ ] Files opened elsewhere

[ ] Tempo, producer credit, preferred take and version noted

Copy for personal use or teaching with credit. This is not a beat licence.