

FILL 1.

The first fill uses 8th notes alternating between flams on the snare, and 8th notes on the bass drum. The first bar is just regular time, the 2nd bar is the fill..



FILL 2.

The second fill uses a unit of 3 inside regular 16th notes. The unit is, R, L, BD, but you play it cycling over in 16th notes, and play it moving around the toms. Below is a common configuration..

