Find the New Downbeat.

Keep a running eighth-note index across the bars. Restart the spoken beat count at each barline.

1 · MAP THE NEXT DOWNBEAT

Eighth = eighth; eighth-note rate = 120 per minute. Index 0 is the first downbeat. Add each bar's length in eighths. Fill the downbeat index under bars 2–8, then write the end index.

A · signatures, bars 1–8

1: 2/4	2: 6/8	3: 3/4	4: 2/4	5: 6/8	6: 2/4	7: 3/4	8: 6/8
0	____	____	____	____	____	____	____

End of A: ______

B · signatures, bars 1–8

1: 6/8	2: 2/4	3: 2/4	4: 3/4	5: 6/8	6: 3/4	7: 2/4	8: 6/8
0	____	____	____	____	____	____	____

End of B: ______

2 · COMPLETE FOUR COUNT LABELS

Each label lasts one eighth. Treat each row as a separate two-bar line. Read left to right, keeping the eighth-note spacing steady when the meter changes. In 6/8 use **1 la li 2 la li**; in 2/4 use **1 & 2 &**.

1. 2/4

1 & ____ &

2. 6/8

1 la li ____ la li

3. 2/4

1 ____ 2 &

4. 6/8

1 la li 2 la ____

3 · WHICH TRACK FOLLOWS EIGHTH = EIGHTH?

Tracks 1 and 2 play the line below, starting at eighth = 120. Choose the track whose eighth spacing stays steady through every change: ______. The other track keeps the large beat steady.



Listen for each eighth, then check the distance between large-beat accents.

Try it

Follow section 3's four-bar line. Tap every eighth with its scaffold, then speak the large-beat counts while keeping the eighth-note spacing steady. Listen once, then replay and start bar 1 on the first click.

Listen: scan or visit **tissimo.co/worksheets/changing-meter-downbeat-map**
In-house MIDI/MP3 examples · eighth-note rate 120 per minute (unless a quiz track changes it)

Answers · A downbeats: 0, 4, 10, 16, 20, 26, 30, 36; end 42.
B downbeats: 0, 6, 10, 14, 20, 26, 32, 36; end 42.
Counts: 2/4: 1 & 2 & | 6/8: 1 la li 2 la li | 2/4: 1 & 2 & | 6/8: 1 la li 2 la li.
Missing labels 1–4: 2, 2, &, li. Track 2 obeys the rule; Track 1 changes eighths to 180/min in 6/8.

© 2026 Tissimo. All rights reserved.