

For a solo guitar you can get the feel of these two rhythms like this:

Standard 3/4 time " one stress on the first beat of each bar.

```
      <           <
|-1-2-3-4-5-6-|-1-2-3-4-5-6-|
  D   D U D U   D   D U D U
```

The 6/8 feel has a stress on the 1st and 4th half beats of the bar.

I've suggested 2 strumming patterns.

The 1st is harder because you have to create the rhythm by volume on the upstroke at the 4th half beat - it's easy to drift back into a 3/4 count.

The 2nd strum is a little easier. It creates the emphasis by missing out the downstroke on the 3rd beat. If you're not confident, start with this strum and add the downstroke in as you improve.

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      <       <       <       <
|-1-2-3-4-5-6-|-1-2-3-4-5-6-|
  D U D U D U   D U D U D U
or D U D U   U   D U D U   U
```