

Jesu, meine Freude

etc.

A single cycle of a roll (32nd note subdivision) would look like:

Played as a single block chord:

So instead of:

Play this figure throughout:

(By the way, yes, I do lead with the upper voices as a general rule).
A roll speed of 32nd notes makes for some pretty quick chord changes.
So I will take the liberty of augmenting the original note values in order to accommodate more roll cycles per chord.

Hand speed stays the same, so the tempo must increase.

As you can see, I've left out the odd numbered groupings.

The last three examples represent the most realistic numbers of cycles that render reasonable tempi.
Try separating the hands to play a normal double vertical roll.

Oh yeah, there are eleven measures after this. Didn't forget them did you?

How are you doin' on that tenth?
Yeah, you could take that A up an octave...

After any of these block chord versions you should try to separate your hands to play a double vertical roll.
I use the same block chord exercise to prepare to play double lateral rolls as well.