Building Left Hand Speed and Dexterity
and
Building Left/Right Hand Coordination
(See separate instructions for each)

\[ q = 60 \] 

This is the only 8 note sequence

\[ q = 60 \] 

(Low 2 Finger Pattern. Half Step between 1-2)

\[ q = 60 \] 

(High 2 Finger Pattern)

\[ q = 60 \] 

(High 3 Finger Pattern. Half step between 3-4)

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(All whole steps finger pattern---Low 1)

(Low 1 and 4 finger pattern--half step between 3-4)