

Music Example for Speed Lesson #46
Developing Equal Speed in Hands and Feet- Part 1

The musical notation consists of four staves. The first staff is in 4/4 time and begins with a repeat sign. It contains a sequence of four quarter notes, followed by two groups of eighth notes beamed together. The second and third staves each contain four groups of triplets of eighth notes, followed by two groups of eighth notes beamed together. The fourth staff contains four quarter notes.

Practice Key

- #1 = Play with right hand on SD**
- #2 = Play with right foot on BD**
- #3 = Play with left hand on SD**
- #4 = Play with left foot on BD**