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Using a metronome, play each line for one measure, moving through without stopping. When you finish the last line, start again at the top. This exercise should be a continuous loop. As you feel comfortable, increase the speed of the metronome.

Quarter Note			
1	2	3	4
R	L	R	L
Eighth Note "and" 1 + R L	"and" 2 + R L	"and" 3 + R L	"and" 4 + R L
Sixteenth Note			
1 e + a	2 e + a	3 e + a	4 e + a
RLRL	RLRL	RLRL	RLRL