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Right Hand Left Hand Righth Foot Left Foot

First gain control, then increase speed.
Use whatever techniques you've been taught.
If you want to achieve good results, work slowly.

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The first system of musical notation consists of two staves. The top staff is in treble clef and contains four measures of music, each with a triplet of eighth notes. The bottom staff is in bass clef and contains four measures of music, each with a triplet of eighth notes. The first two measures of each staff are grouped together by a double bar line with repeat dots. The last two measures are also grouped together by a double bar line with repeat dots.

The second system of musical notation consists of two staves. The top staff is in treble clef and contains four measures of music, each with a triplet of eighth notes. The bottom staff is in bass clef and contains four measures of music, each with a triplet of eighth notes. The first two measures of each staff are grouped together by a double bar line with repeat dots. The last two measures are also grouped together by a double bar line with repeat dots.

The third system of musical notation consists of two staves. The top staff is in treble clef and contains four measures of music, each with a triplet of eighth notes. The bottom staff is in bass clef and contains four measures of music, each with a triplet of eighth notes. The first two measures of each staff are grouped together by a double bar line with repeat dots. The last two measures are also grouped together by a double bar line with repeat dots.

The fourth system of musical notation consists of two staves. The top staff is in treble clef and contains four measures of music, each with a triplet of eighth notes. The bottom staff is in bass clef and contains four measures of music, each with a triplet of eighth notes. The first two measures of each staff are grouped together by a double bar line with repeat dots. The last two measures are also grouped together by a double bar line with repeat dots.