

Warming-Up with 1

with 2

♩ = 120 ~

1

R L R L R L R L

2

3 3 3 3

R L R L R L R L R L

3

R L R L R L R L R L R L

4

R R L L R R L L

5

3 3 3 3

R R L L R R L L R R L L

6

R R L L R R L L R R L L R R L L

7

> >

R L R R L R L L

8

> > > >

R L R R L R L L R L R R L R L L R R L R L L

9

> > > >

R L R R L R L L R L R R L R L L

10

> > > >

R L R R L R L L R L R R L R L L

x4

> > > >

R L L R L R R L R L R R L R R L

x4

12

> > > >

R R L R L L R L R L R L R L

x4

> > > >

R L R L L R L R L R L L R L R

x4