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### Three Steps for Developing Arpeggio Pivots:

- A. **Drop the arm weight** into each playing finger and **pivot in preparation** for the next playing finger.
- B. **Open the hand slightly for each interval** of a third or fourth. Fluidly **transfer** the arm weight to each new note.
- C. **Fluidly close the thumb or fifth finger** so that they shadow the finger that immediately follows. This will result in a relaxed hand with arm weight centered on the playing finger.

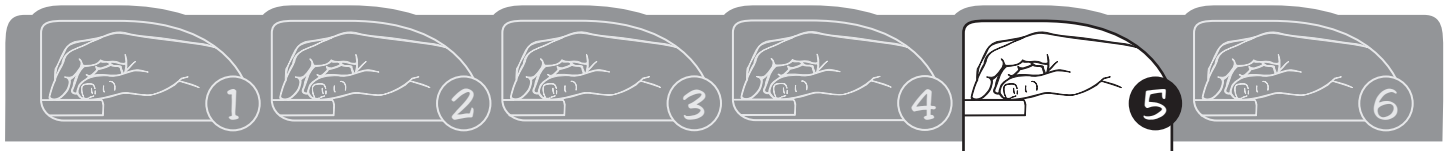
Play Exercises 1 and 2 using the above steps. The arrows show the angle of the hand in relationship to the keyboard.

**Exercise 1 (Treble Clef, 3/4 Time):**

- Notes: G<sub>4</sub> (1), A<sub>4</sub> (2), B<sub>4</sub> (3), C<sub>5</sub> (5), B<sub>4</sub> (3), A<sub>4</sub> (2), G<sub>4</sub> (1)
- Hand angle arrows: Upward for G, A, B; Downward for C; Upward for B, A, G.
- Pivot instructions: "close thumb and shadow finger two" (under G-A); "close five and shadow finger three" (under B-C).

**Exercise 2 (Bass Clef, 3/4 Time):**

- Notes: G<sub>3</sub> (5), F<sub>3</sub> (4), E<sub>3</sub> (2), D<sub>3</sub> (1), C<sub>3</sub> (2), B<sub>2</sub> (4), A<sub>2</sub> (5), G<sub>2</sub> (5)
- Hand angle arrows: Upward for G, F, E; Downward for D; Upward for C, B, A.
- Pivot instructions: "close five and shadow finger four" (under G-F); "close thumb and shadow finger two" (under C-B).



## Wrist Flips

Wrist flips enable the player to “bring out” or voice specific notes within certain patterns. Wrist flips are commonly used in conjunction with “riding the key” technique.

### Preparation Before Playing

As in preparation for “riding the key,” place your right hand on a tabletop or the fallboard and pretend that your thumb is glued to the surface. Roll the thumb very slightly to the left. Then using wrist rotation and the momentum created by the thumb *rolling back* to its original position, throw fingers 2, 3, 4 and 5 as a unit with a flipping motion. Repeat this several times. Then alternate twice each between thumb and 2, thumb and 3, thumb and 4, and thumb and 5. The fast flip throws the weight to the 2, 3, 4 or 5 and emphasizes these fingers. The thumb is riding the key lightly. Repeat the above steps adhering the fifth finger to the surface and throwing the opposite side. Repeat all preparations with the left hand.

### Three Steps for Developing Wrist Flips:

- A. **Adhere** the non-melodic thumb or finger to the key (as in “riding the key”).
- B. **Roll** the surface of the adhering thumb or finger slightly **away** from the flipping side.
- C. With a fast motion, **combine** wrist rotation with the **rolling back** of the adhering thumb or finger. This will create momentum to throw or **flip** the wrist and the weight of the arm and hand to the melodic notes.

In Exercises 1–4, adhere the finger or thumb playing the non-melodic (non-accented) note to the key. Roll that finger slightly **away** from the flipping side. With a fast motion, roll that finger back and **flip** the wrist to gain momentum to play the accented notes. You may vary the speed of the flip to bring out the melodic notes more or less.

1 *mf*

2 *mf* <sup>3</sup>

3 *mf*

4 *mf* <sup>5</sup>

**Group 1 Major Scales in Two Octaves**

Play these Group 1 major scales hands separately only.

**C major**

Key signature: no sharps or flats

1

*mf*

**G major**

Key signature: 1 sharp-F#

2

*mf*

**D major**

Key signature: 2 sharps-F#, C#

3

*mf*

**A major**

Key signature: 3 sharps-F#, C#, G#

4

*mf*

**E major**

Key signature: 4 sharps-F#, C#, G#, D#

5

*mf*