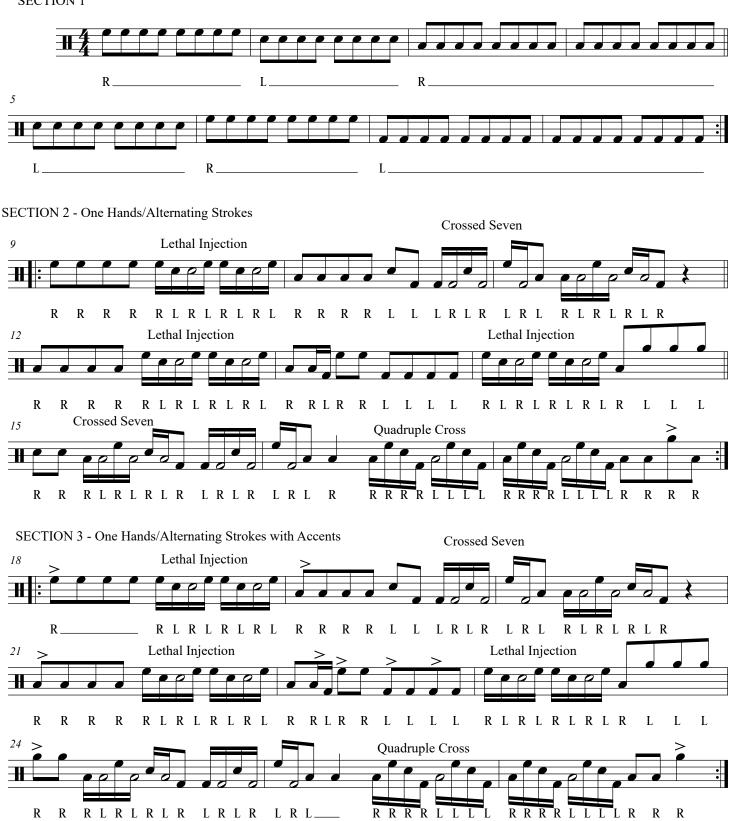
Warm Up #1

Cross and Sweep Patterns

Rick Puzzo

SECTION 1



27 Outward Sweep



30 Inward Sweep



Section 1

1st time: mf 2nd time: f 3rd time: p

4th time: cres each hand 5th time: descres each hand Section 2 and 3

1st time: mf 2nd time: f 3rd time: p