

1 2/8 DOUBLESTOPS

**#21**  $\frac{12}{8}$

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

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

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

EFFORT-CHANGE DOUBLES

**#22**  $\frac{12}{8}$

R R ... L

L ... R

R ... L L ... R R ... L L ...

R ... L ...

R ... L ... R R L L R

EFFORT-CHANGE THREES

**#23**  $\frac{4}{4}$  *f*

R R R L L L R R R L L L R R R L L L ...

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

R R R L L L ... R R R L L L R R R L L L R R R ... L L L R R R L L L

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