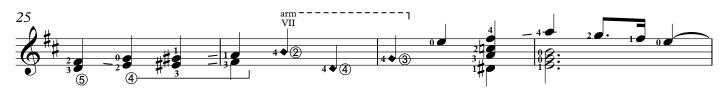
La Saltarina

Polka Mazurca

Julián Arcas (1832-1882)



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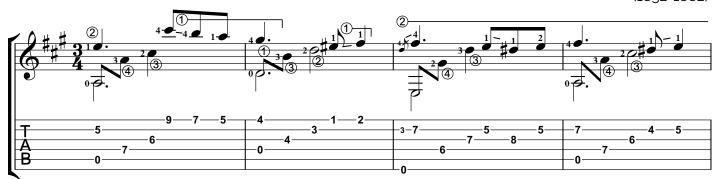


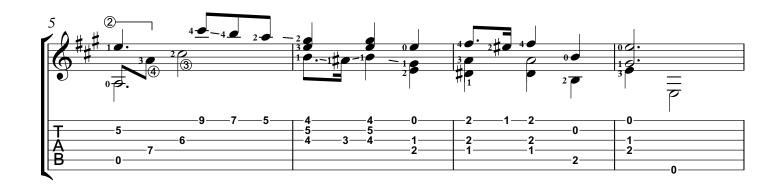


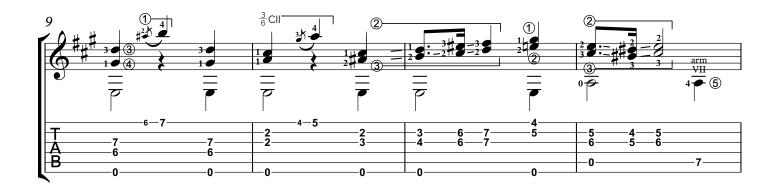
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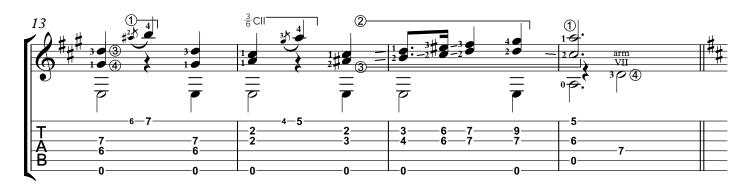
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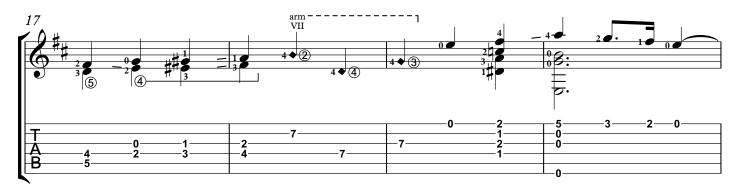
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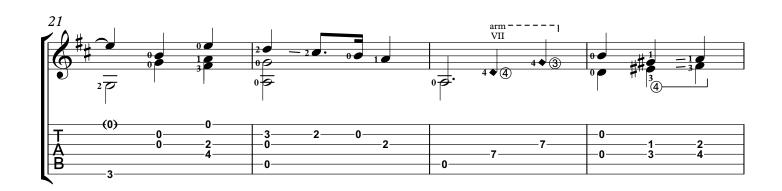


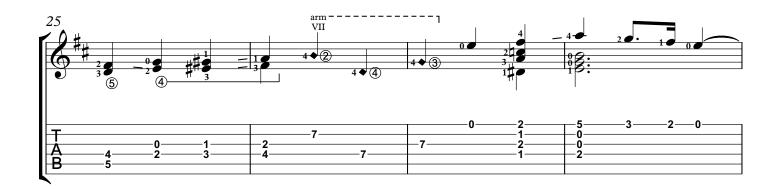


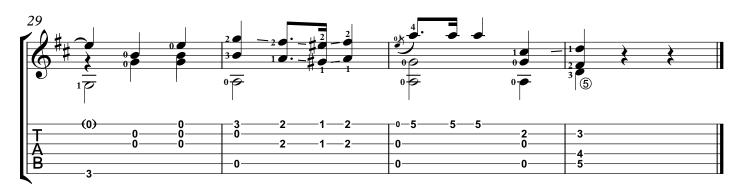












Practice Tip Sheet

The Big 5:

- 1. Reduce work with posture and high dynamic energy
- 2. Troubleshoot Everything should be easy
- 3. Breathe
- 4. Trust yourself to play accurately and musically inspired (instead of judging)
- 5. Always play as a gift to yourself and others

The Main Practice Areas:

- 1. Technique Abilities, Movements, Chords, Scales, Patterns, Exercises, etc.
- 2. New Notes One new piece of music at a time
- 3. Tricky Spots Detailing small sections of pieces
- 4. Repertoire Maintenance Pieces you already know
- 5. Sight-Reading practice note recognition/playing; clapping/counting rhythms

The 7 Steps to Learn Any Piece:

- 1. Make small sections
- 2. Know all the notes and musical markings
- 3. Clap and count the rhythm aloud
- 4. Play the right hand alone, counting aloud
- 5. Play the left hand alone, counting aloud
- 6. Play hands together, taking corrective pauses (no mistakes!)
- 7. Play hands together in rhythm, with slow metronome

Musical Starting Points:

- 1. Know which notes are melody (probably stems up), and play the others quieter
- 2. Connect all melody notes smoothly (no gaps)
- 3. When a musical line or melody goes up in pitch, get quieter
- 4. When a musical line or melody goes down in pitch, get louder
- 5. Don't let the high notes stand out (any note higher than those before and after)

Practice Tips:

- 1. Before slowing down or speeding up (rubato) master it at a steady pace.
- 2. For tricky spots, state out loud exactly what the problem is, in every detail.
- 3. Memorize every piece (even if you don't, you'll learn it faster if you try)
- 4. Have a purpose behind each repetition (blind repetitions are lazy practice).
- 5. Video yourself for performance practice and to hear what is and is not working.

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