

# Numbers (beat)

A || 1 (2) (3) (4) ||

B || (1) (2) 3 (4) ||

C || (1) 2 (3) (4) ||

D || (1) (2) (3) 4 ||

E || 1 (2) 3 (4) ||

F || (1) 2 (3) 4 ||

G || 1 (2) 3 4 ||

H || (1) 2 (3) (4) ||

## STUDY INSTRUCTIONS FOR THE SHEET OF NUMBERS

To work with this sheet you must learn the 4 beat O Passo [video](#)

### Remember

- The sheet is useless without o passo.
- The quality of the movement is essential in any exercise proposed here.

### Preparatory exercise to speak the Sheet of Numbers

- 1 – Do o passo and speak the 1 several times (the moment the strong foot steps forward).
- 2 – Do o passo and speak the 3 several times (the moment the strong foot steps back).
- 3 – Do o passo and speak the 2 several times (the moment the weak foot steps forward).
- 4 – Do o passo and speak the 4 several times (the moment the weak foot steps back).
- 5 – Do o passo and speak the 1 in the first measure, the 3 in the second measure, the 2 in the third and the 4 in the fourth. Repeat this four-bar cycle until it becomes familiar.

### Attention

Speak or clap only what is not in parentheses.

### Speak the sheet

- 1 – Speak each line several times.
- 2 – Speak the entire sheet, one line at a time, without stopping [video](#)

### Clap the sheet

- 1 – Clap each line several times.
- 2 – Clap the entire sheet, one line at a time, without stopping [video](#)

### Clap and Speak

- 1 – Clap the entire sheet while speaking the “1” [video](#)
- 2 – Clap the entire sheet while speaking the “3” [video](#)
- 3 – Clap the entire sheet while speaking the “2” [video](#)
- 4 – Clap the entire sheet while speaking the “4” [video](#)

### Duets

- 1 – Duet 1: Speak the E while clapping the F.
- 2 – Duet 2: Clap the G while speaking the H.
- 3 – Change several times from one duet to the other, doing two times each one [video](#)

### Roller Costers

- 1 – Roller coster 1: Clap the first four lines of the sheet while speaking one measure of “1” and “3” and one measure of “2” and “4” [video](#)
- 2 – Roller coster 2: Clap the last four lines of the sheet while speaking one measure of “2” and “4” and one measure of “1” and “3” [video](#)

Obs. : the exercise “roller coster” was adapted to the Sheet of Numbers by Jérôme Viollet.