

e (upbeat)

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

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

C || 1 e 2 3 4 ||

D || 1 e 2 3 e 4 ||

E || 1 e 2 e 3 e 4 ||

F || 1 e 2 e 3 e 4 e ||

G || (1) e (2) e (3) e (4) e ||

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

I || 1 (2) e 3 e (4) e ||

J || (1) e 2 (3) 4 ||

K || 1 (2) e (3) e (4) ||

L || (1) e 2 3 4 e ||

STUDY INSTRUCTIONS FOR THE SHEET OF E

To work with this sheet you must learn the movement of the E [video](#)

Remember

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

Attention

Speak or clap only what is not in parentheses.

Preparatory exercise to speak the Sheet of E

- 1 – Do the movement of the E and speak all the “numbers” several times.
- 2 – Do the movement of the E and speak all the “e”s several times.
- 3 – Alternate one measure speaking the “numbers” and one measure speaking the “e”s. Do it several times until it becomes familiar [video](#)

Speak the sheet

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

Preparatory exercise to clap the Sheet of E

- 1 – Do the movement of the E and clap all the “numbers” several times.
- 2 – Do the movement of the E and clap all the “e”s several times.
- 3 – Alternate one measure clapping the “numbers” and one measure clapping the “e”s. Do it several times until it becomes familiar [video](#)

Clap the sheet

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

Duets

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

Roller coaster

- 1 – Clap the I while speaking one measure of “numbers” and one measure of “e”s [video](#)