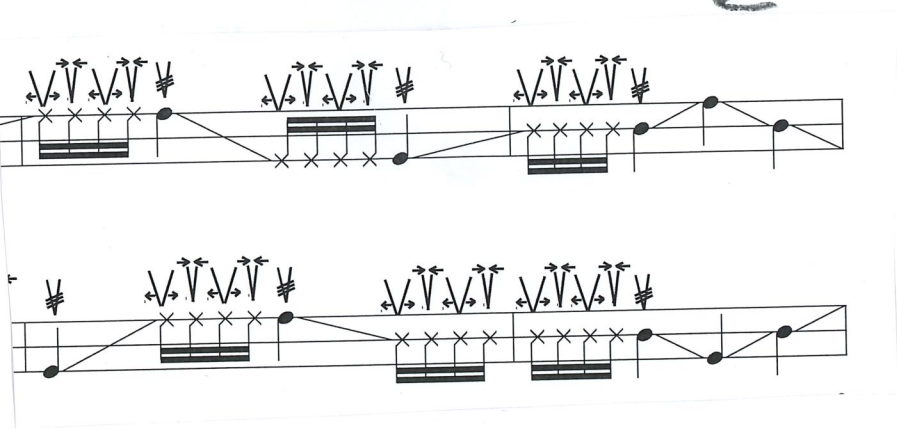
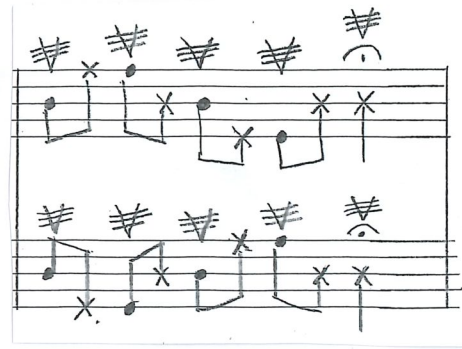


1.

Wing-flabbing impro
in ca. $\text{♩} = 66$



Warming up (acc.)
to do half figure 8

Half figure 8

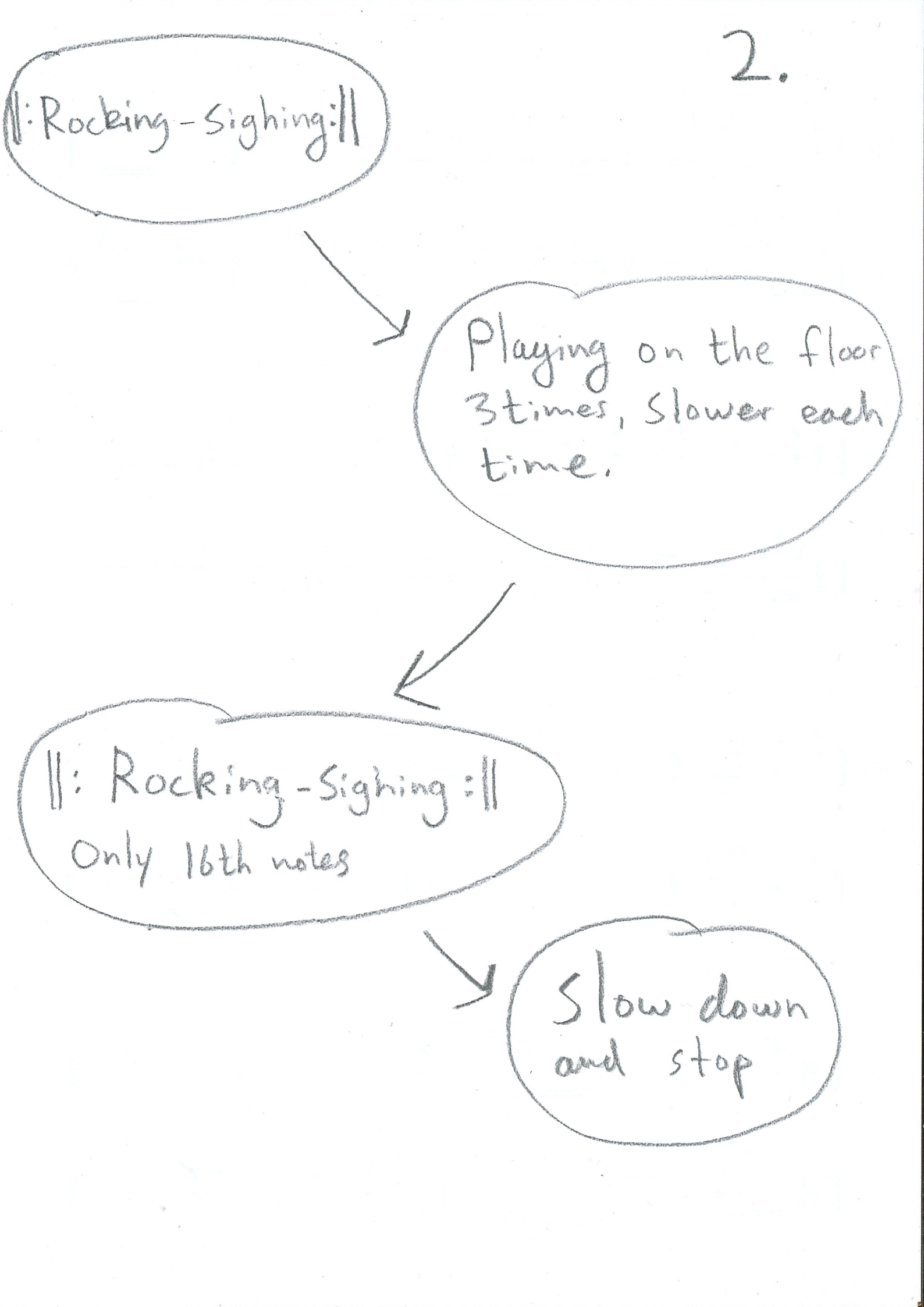
Warming up
(shaking/tapping)
to do full figure 8

Full figure 8
(3 times or so)

Land, slow down,
stop

2.

||: Rocking - Sighing :||



```
graph TD; A("||: Rocking - Sighing :||") --> B("Playing on the floor 3 times, slower each time."); B --> C("||: Rocking - Sighing :|| Only 16th notes"); C --> D("Slow down and stop")
```

Playing on the floor
3 times, slower each
time.

||: Rocking - Sighing :||
Only 16th notes

Slow down
and stop