

TARGET TEMPO:  
70bpm

# Exercise Sheet 5

## March, Hornpipe and Reel Prep

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**A**

Tap & Double

4/4

**B**

Tap & Double

4/4

**C**

Tap & Multiple Bounce

4/4

**D**

Tap, Double & Multiple Bounce

4/4

**E**

Tap, Buzz & Multiple Bounce (Tizz Roll)

4/4

**F**

Tap & Buzz

4/4

**G**

Tap & Buzz (long and short)

4/4

**H**

Tap, Double & Multiple Bounce

4/4

# Exercise Sheet 5

## Strathspey and Jig Prep

TARGET TEMPO:  
90bpm

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**I**

Tap & Double  $\frac{4}{4}$

**J**

Tap & Double

**K**

Tap & Buzz

**L**

Tap, Double & Buzz

**M**

Tap & Double

**N**

Tap, Buzz & Multiple Bounce  $\frac{12}{8}$

**O**

Tap & Double

**P**

Tap & Multiple Bounce

**Q**

Tap & Buzz (short)