

Run Time \cong 3 minutes

Beast Warm-down #1

This is like a valium for your chops without the negative long-term health issues. It loosens you up and helps get blood circulating after playing demanding material so it's easier to get right back into it next time you pick up the beast. I like to play through a few lines of these just before a break in my practice routine and at the very end of it.

Make like a loosened belt after a huge feast - release tension.

The musical score consists of six staves of music, each with a treble clef and a common time signature (C). The first staff is in C major and begins with the dynamic marking *mp-mf*. The second staff is in C major and includes an optional section marked "(Optional)" with a bracket containing "8VB" and a double bar line. The third staff is in D major (two sharps) and includes an optional section marked "(Optional)" with a bracket containing "15VB" and a double bar line. The fourth staff is in B-flat major (two flats) and includes an optional section marked "(Optional)" with a bracket containing "8VB" and a double bar line. The fifth staff is in B-flat major (two flats) and includes an optional section marked "(Optional)" with a bracket containing "15VB" and a double bar line. Each staff features a long, sweeping slur over the notes, and the optional sections are marked with a fermata and a double bar line.

Musical staff 1: Treble clef, key signature of three sharps (F#, C#, G#). The staff contains a sequence of eighth notes: F#4, G#4, A4, B4, C5, D5, E5, F#5, G#5, A5, B5, C6, D6, E6, F#6, G#6, A6, B6, C7, D7, E7, F#7, G#7, A7, B7, C8, D8, E8, F#8, G#8, A8, B8, C9, D9, E9, F#9, G#9, A9, B9, C10, D10, E10, F#10, G#10, A10, B10, C11, D11, E11, F#11, G#11, A11, B11, C12, D12, E12, F#12, G#12, A12, B12, C13, D13, E13, F#13, G#13, A13, B13, C14, D14, E14, F#14, G#14, A14, B14, C15, D15, E15, F#15, G#15, A15, B15, C16, D16, E16, F#16, G#16, A16, B16, C17, D17, E17, F#17, G#17, A17, B17, C18, D18, E18, F#18, G#18, A18, B18, C19, D19, E19, F#19, G#19, A19, B19, C20, D20, E20, F#20, G#20, A20, B20, C21, D21, E21, F#21, G#21, A21, B21, C22, D22, E22, F#22, G#22, A22, B22, C23, D23, E23, F#23, G#23, A23, B23, C24, D24, E24, F#24, G#24, A24, B24, C25, D25, E25, F#25, G#25, A25, B25, C26, D26, E26, F#26, G#26, A26, B26, C27, D27, E27, F#27, G#27, A27, B27, C28, D28, E28, F#28, G#28, A28, B28, C29, D29, E29, F#29, G#29, A29, B29, C30, D30, E30, F#30, G#30, A30, B30, C31, 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