

Warm up - Sustained Crawl

A single staff of music in bass clef with a 4/4 time signature. The melody consists of quarter notes with the following sequence of notes and accidentals: G2, A2, Bb2, C3, D3, E3, F#3, G3, A3, Bb3, C4, D4, E4, F#4, G4, A4, Bb4, C5, D5, E5, F#5, G5, A5, Bb5, C6, D6, E6, F#6, G6, A6, Bb6, C7, D7, E7, F#7, G7, A7, Bb7, C8, D8, E8, F#8, G8, A8, Bb8, C9, D9, E9, F#9, G9, A9, Bb9, C10, D10, E10, F#10, G10, A10, Bb10, C11, D11, E11, F#11, G11, A11, Bb11, C12, D12, E12, F#12, G12, A12, Bb12, C13, D13, E13, F#13, G13, A13, Bb13, C14, D14, E14, F#14, G14, A14, Bb14, C15, D15, E15, F#15, G15, A15, Bb15, C16, D16, E16, F#16, G16, A16, Bb16, C17, D17, E17, F#17, G17, A17, Bb17, C18, D18, E18, F#18, G18, A18, Bb18, C19, D19, E19, F#19, G19, A19, Bb19, C20, D20, E20, F#20, G20, A20, Bb20, C21, D21, E21, F#21, G21, A21, Bb21, C22, D22, E22, F#22, G22, A22, Bb22, C23, D23, E23, F#23, G23, A23, Bb23, C24, D24, E24, F#24, G24, A24, Bb24, C25, D25, E25, F#25, G25, A25, Bb25, C26, D26, E26, F#26, G26, A26, Bb26, C27, D27, E27, F#27, G27, A27, Bb27, C28, D28, E28, F#28, G28, A28, Bb28, C29, D29, E29, F#29, G29, A29, Bb29, C30, D30, E30, F#30, G30, A30, Bb30, C31, D31, E31, F#31, G31, A31, Bb31, C32, D32, E32, F#32, G32, A32, Bb32, C33, D33, E33, F#33, G33, A33, Bb33, C34, D34, E34, F#34, G34, A34, Bb34, C35, D35, E35, F#35, G35, A35, Bb35, C36, D36, E36, F#36, G36, A36, Bb36, C37, D37, E37, F#37, G37, A37, Bb37, C38, D38, E38, F#38, G38, A38, Bb38, C39, D39, E39, F#39, G39, A39, Bb39, C40, D40, E40, F#40, G40, A40, Bb40, C41, D41, E41, F#41, G41, A41, Bb41, C42, D42, E42, F#42, G42, A42, Bb42, C43, D43, E43, F#43, G43, A43, Bb43, C44, D44, E44, F#44, G44, A44, Bb44, C45, D45, E45, F#45, G45, A45, Bb45, C46, D46, E46, F#46, G46, A46, Bb46, C47, D47, E47, F#47, G47, A47, Bb47, C48, D48, E48, F#48, G48, A48, Bb48, C49, D49, E49, F#49, G49, A49, Bb49, C50, D50, E50, F#50, G50, A50, Bb50, C51, D51, E51, F#51, G51, A51, Bb51, C52, D52, E52, F#52, G52, A52, Bb52, C53, D53, E53, F#53, G53, A53, Bb53, C54, D54, E54, F#54, G54, A54, Bb54, C55, D55, E55, F#55, 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