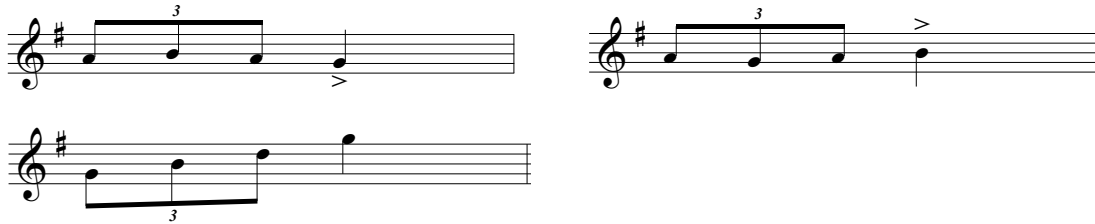


Four-stroke rolls

- Version of a single-stroke roll - always alternate hands (practice with both hands)
- Make the triplet very light; accent the fourth note
- Practice first on one string:



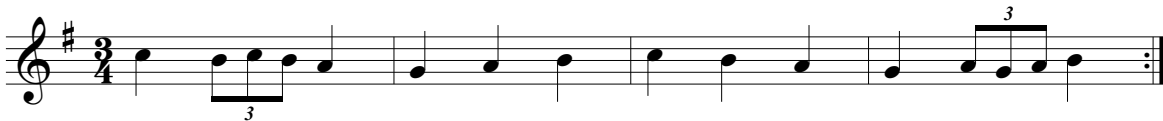
- Then practice over adjacent strings and chords:



- Alternate between practicing on one string and practicing over several; use the measures on one string to focus on technique



- Triplet ornament exercise:



Irish Washerwoman with quick triplet ornaments

