

# 16ths w/B.D.-1

1) 

R L F F R L F F R L F F R L F F  
L R F F L R F F L R F F L R F F  
R L F F L R F F R L F F L R F F

2) 

F F R L F F R L F F R L F F R L  
F F L R F F L R F F L R F F L R  
F F R L F F L R F F R L F F L R

3) 

F R L F F R L F F R L F F R L F  
F L R F F L R F F L R F F L R F  
F R L F F L R F F R L F F L R F

4) 

R F L F R F L F R F L F R F L F

5) 

F R L R F R L R F R L R F R L R  
F L R L F L R L F L R L F L R L  
F R L R F L R L F R L R F L R L

# 16ths w/B.D.-2



R L R F R L R F R L R F R L R F  
L R L F L R L F L R L F L R L F  
R L R F L R L F R L R F L R L F



R L F L R L F L R L F L R L F L  
L R F R L R F R L R F R L R F L  
R L F R L R F L R L F R L R F L



R F R L R F R L R F R L R F R L  
L F L R L F L R L F L R L F L R  
R F L R L F R L R F L R L F R L



R R R F R R R F R R R F R R R F  
L L L F L L L F L L L F L L L F  
R R R F L L L F R R R F L L L F



R R F F R R F F R R F F R R F F  
L L F F L L F F L L F F L L F F  
R R F F L L F F R R F F L L F F