

Single Stroke Roll - Exercise 7

1 1 3 3 5 5 7 7 9 9 10 10 8 8 6 6 4 4 2 2
↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓

2 2 4 4 6 6 8 8 10 10 9 9 7 7 5 5 3 3 1 1
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