

# Cowbell & Bongo 1 and YOU!

## Clapping or mumbling exercise

Andante con moto from Dvorak Serenade

Try first the long exercise,  
and then the short one - every  
morning before 7 o'clock - as  
many times as nessecary.  
You will enjoy it !!!

$\text{♩} = 80$

*f* bracket means silence

5 Wind-instruments Start here

10 please say text from here

*f* da - m - da - da da - m - da - da

14 SHORT Rhythm-training starts here.

*mf*

16 Andante con MOTO Music starts here

20 di . . . . . mi . . . . .

24 . . . . . nuen . . . . . do poco . . . . .

28 . . . . . a . . . . . poco . . . . .

32 . . . . . *pp*

35 Now you are an expert, I hope

2