

C MAJOR SCALE

RIGHT HAND

use your right hand:

1 2 3 middle 1 cross under 2 middle 4 don't cross under 5

5 4 3 2 1 thumb 3 2 1

all the way to thumb three two one

C MAJOR SCALE

LEFT HAND

use your left hand

5 4 3 2 1 3 2 1

all the way to thumb three two one

1 2 3 1 2 3 4 5

middle cross under middle don't cross under