

Check list

- 1- plant feet so that knees can spring
- 2- loose neck - cuddle instrument
- 3- shoulders down
- 4- heavy, loose upper right arm fat
- 5- elbow - level with wrist wiggle
- 6- lead up bow with elbow to let back wing open - let it down
- 7- loose - flexible wrist
- 8- general jazy feeling in body
- 9- feel inner pulse whole body

LEFT SIDE

- 1- Balance instrument
- 2- passive upper arm - lower arm, wrist, back of hand - thumb
- 3- feel finger action from base joint - vibrato impulse. Release fingers down. Each finger has own weight & balance.
- 4- LOOSE BELLY