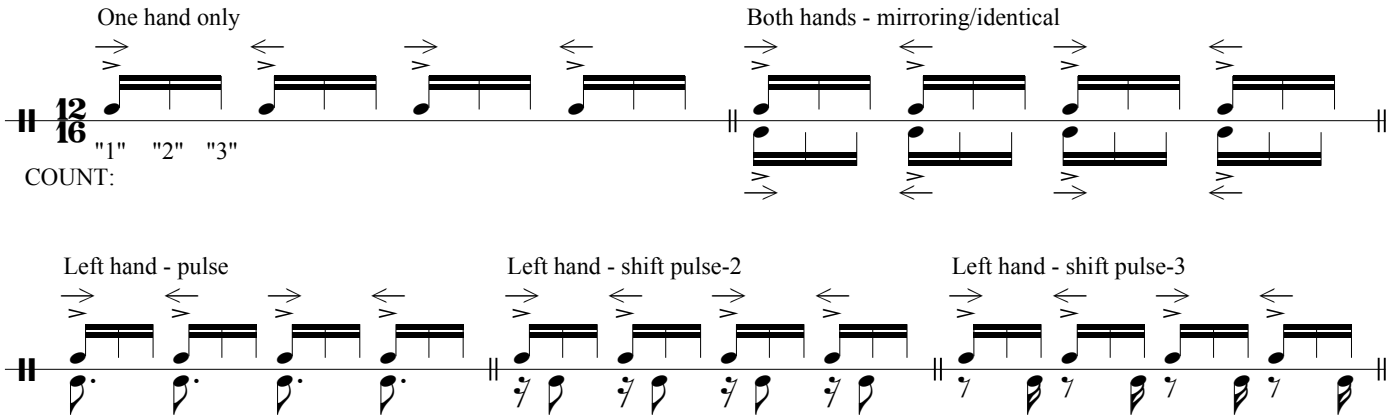
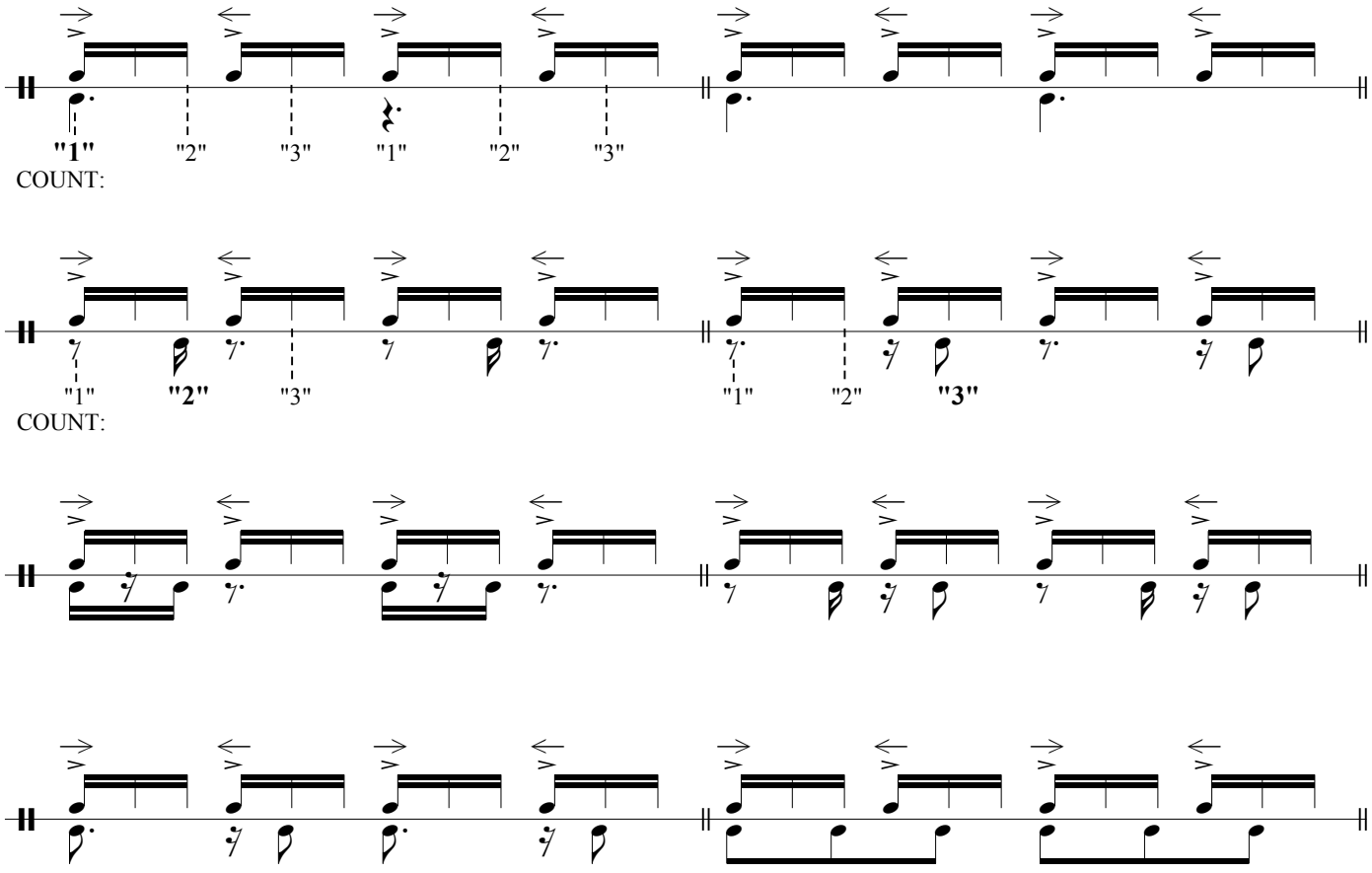
Normal Speed: right hand - groups of 3, accents alternating outward → - then inward ←

Count: 1-2-3 / 2-2-3 / 3-2-3 / 4-2-3



Left hand - downward motion (toward floor); light snapping motion (with use of gravity)

Half Speed: change count as indicated (continue groups of 3, alternating outward/inward)