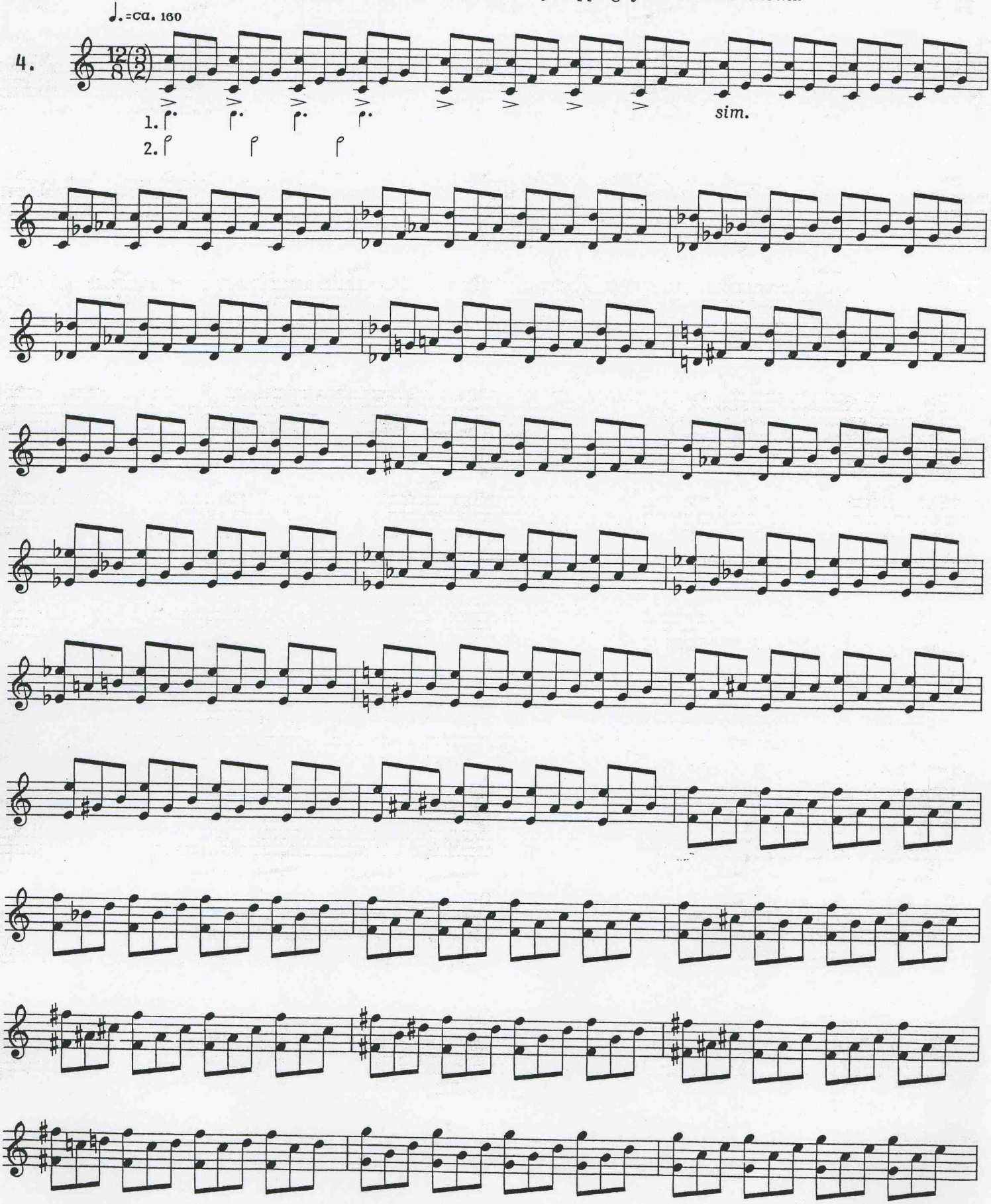
The following is an elaboration of an excellent study from George H. Green's series of Fifty Lessons. Practice using both background beats by tapping your foot as shown.



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