

Toe-Pivot

Técnica de pés

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The image contains five musical staves illustrating the 'Toe-Pivot' technique. The first staff shows quarter notes with 'T' (toe) and 'P' (pivot) under them. The second staff shows eighth-note pairs with 'P', 'T', 'P', 'T' under them. The third staff shows sixteenth-note groups with 'P', 'T', 'P', 'T', 'P', 'T' under them. The fourth staff shows eighth-note pairs with 'x' (crossed) and 'o' (open) under them. The fifth staff shows eighth-note pairs with 'x' under them.

- Toe: dedo do pé em inglês.

No T vamos tocar com a ponta do pé.

- Pivot: giro.

No P é quando tocamos com o calcanhar pra dentro.

*Lembra SEMPRE de respirar e manter o pé o mais relaxado possível.