

# Idea #33

## Triplet Hand Co-ordination

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Use Basic Foot Pattern Throughout

1a. 3 3 3 3 3 3 3 3

1b. 3 3 3 3 3 3 3 3

2a. 3 3 3 3 3 3 3 3

2b. 3 3 3 3 3 3 3 3

3a. 3 3 3 3 3 3 3 3

3b. 3 3 3 3 3 3 3 3

4a. 3 3 3 3 3 3 3 3

4b. 3 3 3 3 3 3 3 3

5a. 3 3 3 3 3 3 3 3

5b. 3 3 3 3 3 3 3 3

6a. 3 3 3 3 3 3 3 3

6b. 3 3 3 3 3 3 3 3