

1) WARMUPS:

C#:
 R L R L R L R L | RLRL RLRL RLRL RLRL |

RLRL RLRL RLRL RLRL | R R L L R R L L :||

2)

C#:
 1 2 3 4 5 2 3 4 5 2 | 2 3 4 5 |

RLRL RLRL RLRL RLRL | RLRL RLRL RLRL RLRL :||

3)

C#:
 X X X X | X X X X | X X X X | X X X X |