After the Storm*

Dedicated to Lynne Denig and Nancy Kredel
in honor of Paul Rolland's 100th birthday, 2011
Version 3/7/12

Mary Alice Rich, ASCAP

\( \begin{align*}
\text{Violin in rest position} & & \text{LH pizz.} \\
\text{Left Hand in middle position} & & \\
\end{align*} \)

\( \begin{align*}
\text{Arco} & & \text{LH pizz.} \\
\text{Left Hand in middle position} & & \\
\end{align*} \)

\( \begin{align*}
\text{Arco} & & \text{LH pizz.} \\
\text{Left Hand in middle position} & & \\
\end{align*} \)

\( \begin{align*}
\text{Arco} & & \text{LH pizz.} \\
\text{Left Hand in middle position} & & \\
\end{align*} \)

\( \begin{align*}
\text{(with pedal)} \\
\end{align*} \)

*For use with: Paul Rolland's, The Teaching of Action in String Playing, p. 64-65, "Placing the Instrument and Shaping the Left Hand".

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\( \begin{align*}
\text{\( \dot{\text{L}} \) = 120 or choose a comfortable tempo} \\
\end{align*} \)
After the Strom

Violin Teacher

Viola Teacher

Pno.
After the Strom

Vln.

Violin Teacher

Vla.

Viola Teacher

Pno.

Teacher

11

legato

0
Gradually move violin to playing position

Gradually move viola to playing position

Gradually move viola to playing position

Left Hand in middle position

Left Hand in middle position

poco rit.

a tempo

non legato

non legato

Left Hand in middle position

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