

# Rocking Replacing

I do these first with lots of wrist flexing and taking absolutely AGES to pause and relax on the Es. I allow lots of movement of the thumb and third finger at the pivot points. Then I take the extra movement out, but keep relaxing before each replacement.

Eleanor Turner

These exercises are like being on a swing and using the momentum of your legs and body to change direction, and then to increase your speed and height, with a swift movement that happens before the change of direction. In these replacings, you need to pre-empt the change of direction just like you do when on a swing. When you've got the flow of this movement and the relaxation is 'built in', you can take out the long note in the middle and play all of the notes as crotchets, pivoting on the lowest and highest.

*1*

Extensions of this exercise:

- Go through a pattern of root, first, second inversions, connecting all the way.
- Play each note twice (or more) for greater conditioning work and to practise replacing later and later.
- Play both hands together in unison
- Play both hands together in contrary motion