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## C.A.L.M.

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C.A.L.M.

By

Jessica Mc Cutchen, Western Washington University

Accepted in Partial Completion  
of the Requirements for the Degree  
Master of Music

ADVISORY COMMITTEE

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Signature:

A handwritten signature in black ink, appearing to read "Jennifer", written over a horizontal line.

Date:

5/21/2020

# C.A.L.M.

for wind ensemble

Jessica McCutchen  
2020

## Instrumentation

Piccolo  
Flute 1,2  
Oboe  
English horn  
Bassoon 1,2  
B♭ Clarinet 1,2,3  
B♭ Bass clarinet  
B♭ Soprano saxophone  
E♭ Alto Saxophone  
B♭ Tenor Saxophone  
E♭ Baritone Saxophone

B♭ Trumpet 1,2,3  
F Horn 1,2,3,4  
Trombone 1,2,3  
Bass trombone

### Percussion 1

timpani  
triangle  
bass drum

### Percussion 2

vibraphone  
triangle  
bass drum  
floor toms

### Percussion 3

snare  
suspended cymbal  
leaves \*\*

### Percussion 4

glockenspiel  
chimes  
bass drum

### Piano

\*\* Percussionist is to gather leaves [half gallon recommended]. If there are no leaves, crumple up paper, or use an assortment of wood shakers and pod rattles to mimic the sound of wind rustling leaves.

### Performance notes -

The opening section is roughly timed and is broken out into three mini subsections - each indicated by brackets. The first subsection (A) is silent.

(B) The winds and brass are to mimic wind by blowing through their instruments. This is supposed to mimic the sound of wind creeping through the forest. The wind should start in the back of the ensemble, transition to the front, and fade out in the back.

(C) This section is similar to B, but the percussion adds leaves.

Leaves and wind should continue into measure 8 at the will of the performers. These sounds should get more sparse as instruments come in.

# The Inspiration:

In June of 2018, my mother was diagnosed with cancer. During that summer, we travelled all across Oregon to experience all the beauty it had to offer. She showed me all of her favorite places to hunt for rocks, we told stories, and caught up from years of missed moments. The night before I moved to Bellingham to be a part of the music program at WWU, I told my mom that it wasn't too late and how I wanted to stay home to help her. Despite many attempts, she refused my offer. She said she didn't want to hold me back and told me to go off and follow my dreams. If there is anything you should know about my mom is how stubborn she is. You stand no chance in a debate with her.

The night I watched her drive away was probably one of the hardest nights I've experienced. I spent the school year resenting it for preventing me from being with her. For a year, I hated music.

On May 7th, 2019, I woke up to a text from my mother telling us all that she was cancer free. Surgery and months of chemo and radiation cured her. In thinking of ways I could celebrate her bravery, strength, and beauty, I settled on composing a piece of music for her. In this piece, her name, Christy, is repeated throughout. Her birthday, August 31 is woven in. Nocturne in E Flat by Chopin is her favorite piece of classical music, so I took elements from that to make one of the main themes. The beginning highlights our time spent together in the woods. The haunting, but beautiful sound of wind breaking through the trees. At the climax of the piece, all the elements I used come together to paint a picture of who she is as a whole. The piece ends with solo piano. This was to reflect on the nights we had growing up and her daily request to play her to sleep every night.

As for the name of the piece, it came from a text about halfway through her treatment. We asked her how she was doing and she responded:

"I am Christy Ann LeBrun McCutchen, I am C.A.L.M. and feeling good."

I want to thank my mom for everything she has done for my sisters and I. She pushed us to chase our dreams and taught us to believe in ourselves. She taught us to find the humor in a tough situation because laughter heals us. She taught us that we can find beauty in everything, we just might have to search for it.



# C.A.L.M.

for the bravest person I know - my mother.  
"I am Christy Ann Le brun Mc Cutchen, I am CALM and I'm feeling good"

Jessica Mc Cutchen

A 3-5" B 5-7" C 10-15"

The score is a transposed score for a full orchestra. It is organized into three sections: A (3-5"), B (5-7"), and C (10-15"). Each section contains a single note for every instrument, with dynamics like 'n' and 'ff' and various articulations. The instruments listed on the left are: Piccolo, Flute 1, Flute 2, Oboe, English Horn, Bassoon 1, Bassoon 2, Clarinet in Bb 1, Clarinet in Bb 2, Clarinet in Bb 3, Bass Clarinet, Soprano Sax, Alto Sax, Tenor Sax, Baritone Sax, Trumpet in Bb 1, Trumpet in Bb 2, Trumpet in Bb 3, Horn in F 1, Horn in F 2, Horn in F 3, Horn in F 4, Trombone 1, Trombone 2, Bass Trombone, Euphonium, Tuba, and Percussion 3. The score includes various musical notations such as notes, rests, dynamics, and articulations.

6 Freely (♩ = ca.76)

This musical score is for the piece "C.A.L.M." by Michael Chabon, movement 6, "Freely". The tempo is marked as "Freely" with a quarter note equal to approximately 76 beats per minute. The score is for a full orchestra and includes the following parts:

- Picc.
- Fl. 1 (No vibrato, pp)
- Fl. 2 (No vibrato, pp)
- Ob.
- E. Hn.
- Bsn. 1
- Bsn. 2
- B♭-Cl. 1 (mp)
- B♭-Cl. 2 (mp)
- B♭-Cl. 3 (pp)
- B. Cl.
- S. Sax.
- A. Sax.
- T. Sax.
- B. Sax.
- B♭-Tpt. 1
- B♭-Tpt. 2
- B♭-Tpt. 3
- Hn. 1
- Hn. 2
- Hn. 3
- Hn. 4
- Tbn. 1
- Tbn. 2
- B. Tbn.
- Euph.
- Tuba
- Pno.
- Perc. 1
- Perc. 2 (Vibraphons, bowed)
- Perc. 3
- Perc. 4 (Clockenspiel, mp)

The score is written in 4/4 time and features various dynamics such as *pp*, *mp*, and *n*. Performance instructions include "No vibrato" for the flutes and "solo" for the E. Horn. The percussion parts include specific techniques like "bowed" for the vibraphons and "Clockenspiel" for the fourth percussionist.

20

16 18 20 22

Picc. *p*

Fl. 1 *vibrato p*

Fl. 2 *vibrato p*

Ob. *p*

E. Hn. *p*

Bsn. 1 *p*

Bsn. 2

B♭ Cl. 1 *pp p*

B♭ Cl. 2 *pp p*

B♭ Cl. 3 *pp p*

B. Cl. *pp*

S. Sx. *mp*

A. Sx. *mp*

T. Sx.

B. Sx.

16 18 20 22

B♭ Tpt. 1

B♭ Tpt. 2

B♭ Tpt. 3

Hn. 1 *pp*

Hn. 2 *pp*

Hn. 3 *pp*

Hn. 4 *pp*

Tbn. 1

Tbn. 2

B. Tbn.

Euph. *solo mp*

Tuba

16 18 20 22

Pno. *p mp*

16 18 20 22

Perc. 1 *mp* [Triangle]

Perc. 2 *mp* [Vibraphone] mallets

Perc. 3

Perc. 4 *p* [Clackenspiel]

24 26 28 30

Picc *pp* *mf*

Fl. 1 *pp* *mf*

Fl. 2 *pp* *mf*

Ob. *pp*

E. Hn.

Bsn. 1 *mp*

Bsn. 2 *mp*

B♭ Cl. 1 *mp* *f* *mp* *f* *mp*

B♭ Cl. 2 *mp* *f* *mp* *f* *mp*

B♭ Cl. 3 *mp* *f* *mp* *f* *mp*

B. Cl.

S. Sax. *mp* *f* *mp*

A. Sax. *mp* *f* *mp*

T. Sax.

B. Sax.

B♭ Tpt. 1 *mf* *mf*

B♭ Tpt. 2 *mp*

B♭ Tpt. 3 *mp*

Hn. 1 *mf*

Hn. 2 *mf*

Hn. 3 *mf*

Hn. 4 *mf*

Tbn. 1 *mp*

Tbn. 2

B. Tbn.

Euph. *mp*

Tuba *mp*

Pno. *mp*

Perc. 1 [Timpani] *mp*

Perc. 2 [Bass drum] *mp* [Triangle] *mf*

Perc. 3 [Snare] *mp*

Perc. 4 [Glockenspiel] *mf*

38

32

Picc. *p* *mf*

Fl. 1 *p* *mp* *f*

Fl. 2 *p* *mp* *f*

Ob. *p* *mp* *f*

E. Hn. *p* *mp* *f*

Ban. 1 *mf*

Ban. 2 *mf*

B♭ Cl. 1 *mp* *f* *mp* *p* *mp* *f*

B♭ Cl. 2 *mp* *f* *mp* *p* *mp* *f*

B♭ Cl. 3 *mp* *f* *mp* *p* *mp* *f*

B. Cl. *p*

S. Sax. *mp* *f* *mp* *mp* *f* *mp* *f*

A. Sax. *mp* *f* *mp* *mp* *f* *mp* *f*

T. Sax. *mp* *f* *mp* *mp* *f* *mp* *f*

B. Sax. *mp* *f* *mp* *mp* *f* *mp* *f*

32

B♭ Tpt. 1 *p* *mf*

B♭ Tpt. 2 *p* *mf*

B♭ Tpt. 3 *p* *mf*

Hn. 1 *mf*

Hn. 2 *mf*

Hn. 3 *mf*

Hn. 4 *mf*

Tbn. 1 *mf*

Tbn. 2 *mf*

B. Tbn. *mf*

Euph. *mf*

Tuba *mf*

32

Perc. 1 Bass drum Triangle

Perc. 2 Snare

Perc. 3 Glockenspiel

Perc. 4 *mf*

Picc. *f* *p* *mf* *solo*

Fl. 1 *f* *p*

Fl. 2 *f* *p*

Ob. *f* *p*

E. Hn. *p*

Bsn. 1 *p*

Bsn. 2 *p*

B♭ Cl. 1 *f* *p* *solo* *mf*

B♭ Cl. 2 *f* *p*

B♭ Cl. 3 *f* *p*

B. Cl. *p*

S. Sax. *solo* *mf*

A. Sax.

T. Sax.

B. Sax.

B♭ Tpt. 1 *mf* *solo* *mf* *rit.*

B♭ Tpt. 2 *mf*

B♭ Tpt. 3 *mf*

Hn. 1

Hn. 2

Hn. 3

Hn. 4

Tbn. 1

Tbn. 2

B. Tbn.

Euph.

Tuba

Pno.

Perc. 1 *mf* *Triangle*

Perc. 2

Perc. 3 *Snare*

Perc. 4 *Chimes* *mf*

55

54 56 58 60 62 64

Picc *mf*

Fl. 1

Fl. 2

Ob.

E. Hn.

Bsn. 1

Bsn. 2

B♭-Cl. 1

B♭-Cl. 2

B♭-Cl. 3

B. Cl.

S. Sax. *mf*

A. Sax. *mf*

T. Sax. *mf*

B. Sax. *f*

B♭-Tpt. 1

B♭-Tpt. 2

B♭-Tpt. 3

Hn. 1 *mf*

Hn. 2 *mf*

Hn. 3 *mf*

Hn. 4 *mf*

Tbn. 1 *solo* *mf* *tutti* *f*

Tbn. 2 *f*

B. Tbn. *f*

Euph. *f*

Tuba *f*

Pno

Perc. 1 *f*

Perc. 2 *f*

Perc. 3 *f*

Perc. 4 *f*

[Tamburi]

[Floor toms - high and low]

[Snare]

[Chimes]

[Bass drum]

65 66 68 70 72

Picc. *mf* *p*

Fl. 1 *mf* *p*

Fl. 2 *mf* *p*

Ob. *mf*

E. Hn. *mf*

Bsn. 1 *mf* *sol* *mp*

Bsn. 2 *mf* *sol* *mp*

B♭ Cl. 1 *p*

B♭ Cl. 2 *p*

B♭ Cl. 3 *p*

B. Cl. *p*

S. Sax. *p* *mp*

A. Sax. *p*

T. Sax. *p*

B. Sax. *p*

65 66 68 70 72

B♭ Tpt. 1

B♭ Tpt. 2

B♭ Tpt. 3

Hn. 1 *mp*

Hn. 2 *mp*

Hn. 3 *mp*

Hn. 4 *mp*

Tbn. 1

Tbn. 2

B. Tbn.

Euph.

Tuba

65 66 68 70 72

Pno. *mp*

Perc. 1 [Timpani]

Perc. 2 [Floor toms - high and low] *mp* [Vibraphone]

Perc. 3 [Snare] *mp*

Perc. 4 [Bass drum]

73 74 75 76 78 80 82

Picc. *mf* *f* *mp*

Fl. 1 *mf* *f*

Fl. 2 *mf* *f*

Ob. *mf*

E. Hn. *mf*

Bsn. 1 *f*

Bsn. 2 *f*

B♭ Cl. 1 *mf*

B♭ Cl. 2 *mf*

B♭ Cl. 3

B. Cl.

S. Sax. *mf*

A. Sax. *mf*

T. Sax.

B. Sax. *f*

B♭ Tpt. 1 *f*

B♭ Tpt. 2 *f*

B♭ Tpt. 3

Hn. 1

Hn. 2

Hn. 3

Hn. 4

Tbn. 1 *f*

Tbn. 2 *f*

B. Tbn.

Euph. *f*

Tuba *f*

Pno. *mf* *mp*

Perc. 1

Perc. 2 *Vibraphone*

Perc. 3 *73 bowed*

Perc. 4 *73 Glockenspiel* *mp*

84

This page of the musical score, titled "C.A.L.M.", covers measures 84 to 86. The score is arranged in a standard orchestral format with multiple staves for each instrument family. The key signature is B-flat major (two flats) and the time signature is 4/4. The score includes dynamics such as *mp* (mezzo-piano), *mf* (mezzo-forte), *f* (forte), and *p* (piano). The woodwind section includes Piccolo, Flutes 1 and 2, Oboe, English Horn, Bassoons 1 and 2, Clarinets 1, 2, and 3, Bass Clarinet, Saxophones Alto, Tenor, and Baritone, and Trombones 1, 2, and 3. The brass section includes Trumpets 1, 2, and 3, Horns 1, 2, 3, and 4, Trombones 1, 2, and 3, Euphonium, and Tuba. The percussion section includes Triangle, Bass Drum, Vibraphone, Snare, and Timpanes. The piano part is also present. Measure numbers 84, 85, and 86 are clearly marked at the beginning of their respective systems.

88 90 92

Pic.

Fl. 1

Fl. 2

Ob.

E. Hn.

Bsn. 1

Bsn. 2

B♭ Cl. 1

B♭ Cl. 2

B♭ Cl. 3

B. Cl.

S. Sax.

A. Sax.

T. Sax.

B. Sax.

B♭ Tpt. 1

B♭ Tpt. 2

B♭ Tpt. 3

Hn. 1

Hn. 2

Hn. 3

Hn. 4

Tbn. 1

Tbn. 2

B. Tbn.

Euph.

Tuba

Pno.

Perc. 1

Perc. 2

Perc. 3

Perc. 4

Vibraphone

Snare

Glockenspiel

Chimes

Timpani

*mf*

*f*

6

6

This page of the musical score, numbered 101, covers measures 94 through 104. The score is arranged in systems for various instruments. The woodwind section includes Piccolo, Flute 1 and 2, Oboe, English Horn, Bassoon 1 and 2, Bass Clarinet 1, 2, and 3, Baritone Clarinet, Saxophone Soprano, Alto, Tenor, and Baritone. The brass section includes Trumpet 1, 2, and 3, Horn 1, 2, 3, and 4, Trombone 1 and 2, Baritone Trombone, Euphonium, and Tuba. The keyboard section consists of Piano. The percussion section includes four different types of percussion instruments. The score features dynamic markings such as *mp* (mezzo-piano), *p* (piano), and *mf* (mezzo-forte). Performance instructions include "harmon mute, stem in" for the trumpets. A *Tempo* marking is present above the first percussion staff. The music is written in a key signature of two flats and a 4/4 time signature.

113

This page contains the musical score for measures 106 through 114. The score is arranged in systems for various instruments. The woodwind section includes Piccolo (Picc.), Flute 1 (Fl. 1), Flute 2 (Fl. 2), Oboe (Ob.), English Horn (E. Hn.), Bassoon 1 (Ban. 1), Bassoon 2 (Ban. 2), Bass Clarinet 1 (B♭-Cl. 1), Bass Clarinet 2 (B♭-Cl. 2), Bass Clarinet 3 (B♭-Cl. 3), Baritone Clarinet (B. Cl.), Saxophone Soprano (S. Sax.), Saxophone Alto (A. Sax.), Saxophone Tenor (T. Sax.), and Saxophone Bass (B. Sax.). The brass section includes Trumpet 1 (B♭-Tpt. 1), Trumpet 2 (B♭-Tpt. 2), Trumpet 3 (B♭-Tpt. 3), Horn 1 (Hn. 1), Horn 2 (Hn. 2), Horn 3 (Hn. 3), Horn 4 (Hn. 4), Trombone 1 (Tbn. 1), Trombone 2 (Tbn. 2), Bass Trombone (B. Tbn.), Euphonium (Euph.), and Tuba. The piano part (Pno.) and four percussion parts (Perc. 1-4) are also included. The score features dynamic markings such as *mf* (mezzo-forte) and *f* (forte), and performance instructions like "open" for the trumpets. Measure numbers 106, 108, 110, 112, and 114 are clearly marked at the top of each system. A box containing the number "113" is positioned at the top right of the page.

116 118 120 122

Picc.

Fl. 1

Fl. 2

Ob.

E. Hn.

Ban. 1

Ban. 2

B♭ Cl. 1

B♭ Cl. 2

B♭ Cl. 3

B. Cl.

S. Sx.

A. Sx.

T. Sx.

B. Sx.

B♭ Tpt. 1

B♭ Tpt. 2

B♭ Tpt. 3

Hn. 1

Hn. 2

Hn. 3

Hn. 4

Tbn. 1

Tbn. 2

B. Tbn.

Euph.

Tuba

Pno

Perc. 1

Perc. 2

Perc. 3

Perc. 4

[Glöckenspiel]

Detailed description: This is a page of a musical score for the piece 'C.A.L.M.', page 20, covering measures 116 to 122. The score is written for a large orchestra and includes parts for Piccolo, Flutes 1 and 2, Oboe, English Horn, Bassoons 1 and 2, Clarinets in B-flat 1, 2, and 3, Bass Clarinet, Saxophones Soprano, Alto, Tenor, and Baritone, Trumpets in B-flat 1, 2, and 3, Horns 1, 2, 3, and 4, Trombones 1 and 2, Baritone Trombone, Euphonium, Tuba, Piano, and four types of Percussion. The music is in 4/4 time and features various melodic lines, rests, and dynamic markings such as 'f' (forte) and 'p' (piano). Measure numbers 116, 118, 120, and 122 are clearly marked at the top of the page. A 'Glöckenspiel' (glockenspiel) part is indicated in Percussion 4.

125

129

124

Picc. *f* *p*

Fl. 1 *f* *p*

Fl. 2 *f* *p*

Ob. *f* *p*

E. Hn. *f* *p*

Ban. 1 *ff*

Ban. 2 *ff*

B♭ Cl. 1 *ff* *p* solo *mp*

B♭ Cl. 2 *ff* *p*

B♭ Cl. 3 *ff* *p*

B. Cl. *ff* *p*

S. Sax. *ff* *p*

A. Sax. *ff* *p*

T. Sax. *ff* *p*

B. Sax. *f* *p*

124

B♭ Tpt. 1 *f*

B♭ Tpt. 2 *f*

B♭ Tpt. 3 *f*

Hn. 1 *p*

Hn. 2 *p*

Hn. 3 *p*

Hn. 4 *p*

Tbn. 1 *f*

Tbn. 2 *f*

B. Tbn. *f*

Euph. *f*

Tuba *f*

124

Pno. *f* *p*

124

Perc. 1 [Timp] *f*

Perc. 2 [Suspended cymbal]

Perc. 3 [Snare] *f*

Perc. 4 [Glockenspiel] *f*

This page of the musical score, titled "C.A.L.M.", contains the following instruments and parts:

- Picc.** (Piccolo)
- Fl. 1** and **Fl. 2** (Flutes)
- Ob.** (Oboe)
- E. Hn.** (English Horn)
- Ban. 1** and **Ban. 2** (Bassoons)
- B♭ Cl. 1**, **B♭ Cl. 2**, and **B♭ Cl. 3** (Bass Clarinets)
- B. Cl.** (Bass Clarinet)
- S. Sx.** (Soprano Saxophone)
- A. Sx.** (Alto Saxophone)
- T. Sx.** (Tenor Saxophone)
- B. Sx.** (Baritone Saxophone)
- B♭ Tpt. 1**, **B♭ Tpt. 2**, and **B♭ Tpt. 3** (Bass Trumpets)
- Hn. 1**, **Hn. 2**, **Hn. 3**, and **Hn. 4** (Horns)
- Tbn. 1**, **Tbn. 2**, **B. Tbn.**, **Euph.**, and **Tuba** (Trombones and Euphonium/Tuba)
- Pno.** (Piano)
- Perc. 1** (Percussion 1)
- Perc. 2** (Percussion 2)
- Perc. 3** (Percussion 3)
- Perc. 4** (Percussion 4)

The score includes musical notation with dynamics such as *mf*, *mp*, *f*, and *ff*. Performance instructions include *Triangle*, *Vibraphone*, *bowed*, *Suspended cymbal*, *Clockenspiel*, and *mpgale beater*. Measure numbers 132, 134, 136, and 138 are indicated throughout the score.

141

Musical score for C.A.L.M. page 23, measures 139-144. The score is arranged in a standard orchestral layout with multiple staves for each instrument family. The key signature is three flats (B-flat major/D minor) and the time signature is 3/8. The score includes dynamic markings such as *mf* (mezzo-forte) and *f* (forte). Measure numbers 139, 140, 142, and 144 are indicated above the staves. The percussion section includes parts for Triangle, Suspended cymbal, Glockenspiel, and mallets. The woodwind section includes Piccolo, Flute 1 and 2, Oboe, English Horn, Bassoon 1 and 2, B-flat Clarinet 1, 2, and 3, B-flat Clarinet, Saxophone (Soprano, Alto, Tenor, Baritone), and Bassoon. The brass section includes Trumpet 1, 2, and 3, Horn 1, 2, 3, and 4, Trombone 1 and 2, Bass Trombone, Euphonium, and Tuba. The piano part is shown in grand staff notation.

146

2 2 8

This musical score is for the piece "C.A.L.M." and is page 24 of a 24-page work. It is in 2/4 time with a key signature of two sharps (F# and C#). The score is divided into two systems, each containing 16 staves. The first system includes Piccolo, Flute 1 and 2, Oboe, Horns 1-4, Trumpets 1-3, Trombones 1-3, and Percussion 1-4. The second system includes Trumpets 1-3, Horns 1-4, Trombones 1-3, and Percussion 1-4. The Piano part is also present. The score features various dynamics such as *f* (forte), *mp* (mezzo-piano), and *pp* (pianissimo). Percussion parts include Triangle, Vibraphone, and Glockenspiel. Measure numbers 146, 148, and 150 are indicated throughout the score.

154

151 152 156 158

Picc.

Fl. 1

Fl. 2

Ob.

E. Hn.

Bsn. 1

Bsn. 2

B♭-Cl. 1

B♭-Cl. 2

B♭-Cl. 3

B. Cl.

S. Sax.

A. Sax.

T. Sax.

B. Sax.

151 152 154 156 158

B♭-Tpt. 1

B♭-Tpt. 2

B♭-Tpt. 3

Hn. 1

Hn. 2

Hn. 3

Hn. 4

Tbn. 1

Tbn. 2

B. Tbn.

Euph.

Tuba

151 152 154 156 158

Pno.

151 152 154 156 158

Perc. 1

Perc. 2

Perc. 3

Perc. 4

160 162 164 166 168 *rit.* 170

Picc.  
Fl. 1  
Fl. 2  
Ob.  
E. Hn.  
Bsn. 1  
Bsn. 2  
B♭ Cl. 1  
B♭ Cl. 2  
B♭ Cl. 3  
B. Cl.  
S. Sx.  
A. Sx.  
T. Sx.  
B. Sx.

160 162 164 166 168 170

B♭ Tpt. 1  
B♭ Tpt. 2  
B♭ Tpt. 3  
Hn. 1  
Hn. 2  
Hn. 3  
Hn. 4  
Tbn. 1  
Tbn. 2  
B. Tbn.  
Euph.  
Tuba

160 162 164 166 168 170

Pno.

160 162 164 166 168 170

Perc. 1  
Perc. 2  
Perc. 3  
Perc. 4