

- Today, you're going to be:
- . *Pretending to be a motorbike in your warmup*
  - . *Learning a new piece – "Rock Steady!"*
  - . *Using the notes C, D & E*

Click [HERE](#) to go to YouTube and start the lesson!

Here's everything you need to play "Rock Steady!"

*Click here to read the sheet music*

*Click here to listen to the backing track*

**Sticky valves?**

Here's a video showing you what to do!

Want to give your  
mouthpiece a wash?

Here's how!

