

PHN Cadences

2022

Traditional

A

1 > 2 > 3 > 4 > 5 >

R L L R L R R L L R R L R L R L R L R L

f *ff*

B

6 > 7 > 8 > 9 > 10 > 11 > 12 > 13 >

R r R L R L r r R r R L R L r r L R R L R L r r R r R L R L r r L r L r L R L R

Rock 'Et

14 > 15 > 16 > 17 > 18 > 19 >

R L R L R L R L R L R L R L R L R L R L R L R L R L

f

20 > 21 > 22 > 23 > 24 > 25 > 26 >

R L R L R L R L R R R L r L L L r L R L r L L r L R L r L L r L R L r L L R L R L R L r L L r L

rims-p

27 > 28 > 29 > 30 > 31 > 32 > 33 > 34 >

R L r L L r L R L r L L r L R L R R R L R L R R R L R L R R R R L R L R L R L R L R L R L R L R L R L

ff

Gotta Move

35 > 36 > 37 > 38 >

f

39 > 40 > 41 > 42 > 43 > 44 >

R L L R R R R

45 > 46 > 47 > 48 > 49 > 50 > 51 >

R R L L R L L R R L L L R L L R L L R

mf *f* *ff*