WORD REPLACEMENTS

circle bow	give (generously) and receive (in love)
drill/ work on	nurture, age, make wise, own, make it yours, develop, grow, create ease and comfort, mature it, encourage, empower, master it,
fast	passionate, desire, eager, energetic, full of life, enthusiastic
feet apart	courageous feet
forte	determined, pioneering, brave,
get ready	ensure you will play your best, prepare your body with your mind,
good job/ great	intelligent, thoughtful, passionate, brave, creative, focused, moving, strong, poised, lovely, profound, etc., that sounds like you
good practice	grow/nurture your ability, be diligent
head up	confident nose
its hard	its new
listening	brain readiness, receive, integrate, hear your future self
piano	gentle, kind, peaceful, elegant, sensitive
play/perform	share, celebrate your hard work
relax	release anger, find peace, experience calm
repeat/try again	persist, experiment, never give up
rest position	mental focus time, preparation posture,
review	build repertoire, express, experiment,
scroll up	up from your heart (and into the audience), professional scroll,
slow	sorrow, aged, longing, need, contemplative
soft attack	be kind to the string
staccato	Purposeful, controlled anger or energy, deliberate, assertive
straight bow	grounded, loyal, true
up	joyful, energized, vibrant
wrist back	joyful slide

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