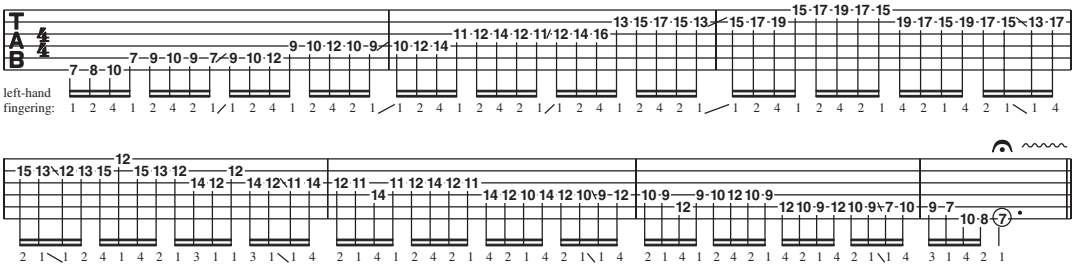♩ = 200 *use alternate (down-up) picking throughout*