## The Four-beat Pattern

For music with the time signature  $\frac{4}{4}$ , use the four-beat pattern. Bring your arm down on the downbeat (beat one), left on beat two, a longer beat to the right on beat three, and up on beat four. Remember to emphasize the little bounce on beat one and the dips on beats two, three, and four so that your conducting will be easy to follow.

