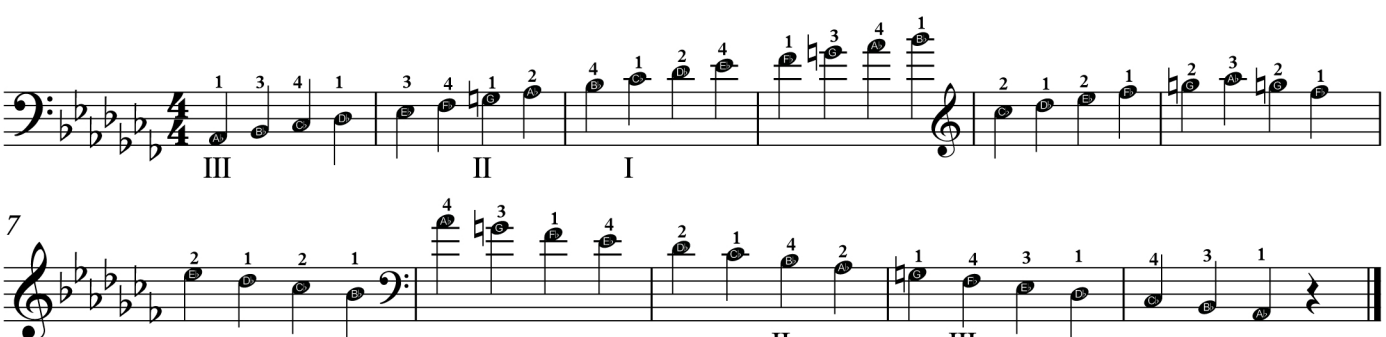A-flat harmonic minor scale 3 octaves