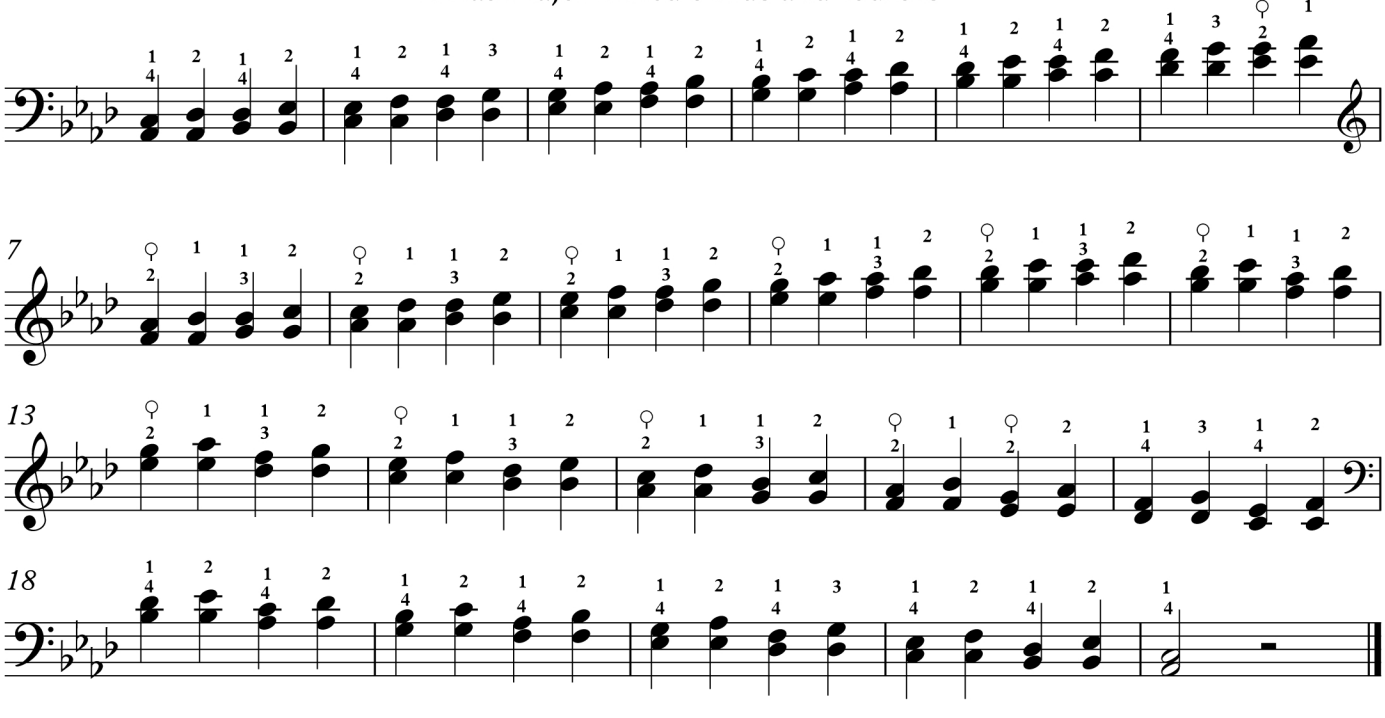A-flat Major mixed thirds and fourths