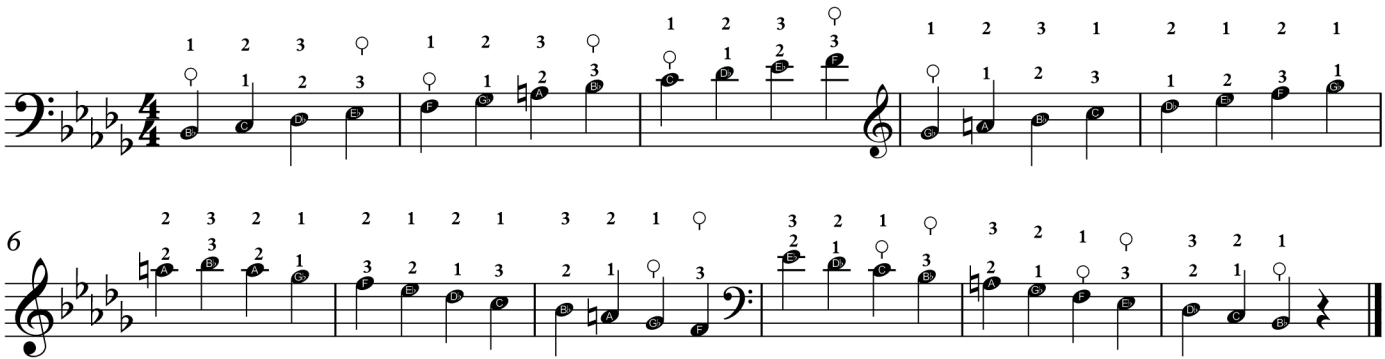B-flat harmonic minor scale thumb position