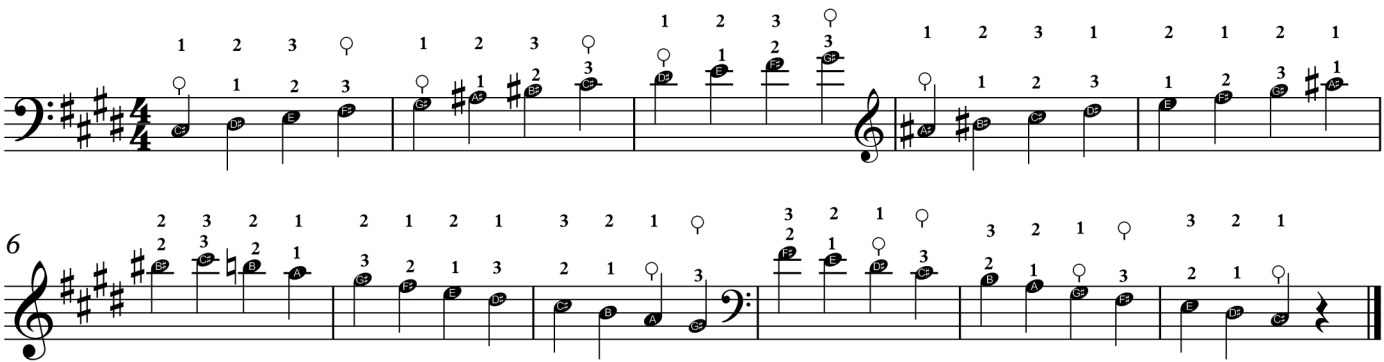C-sharp melodic minor scale thumb position