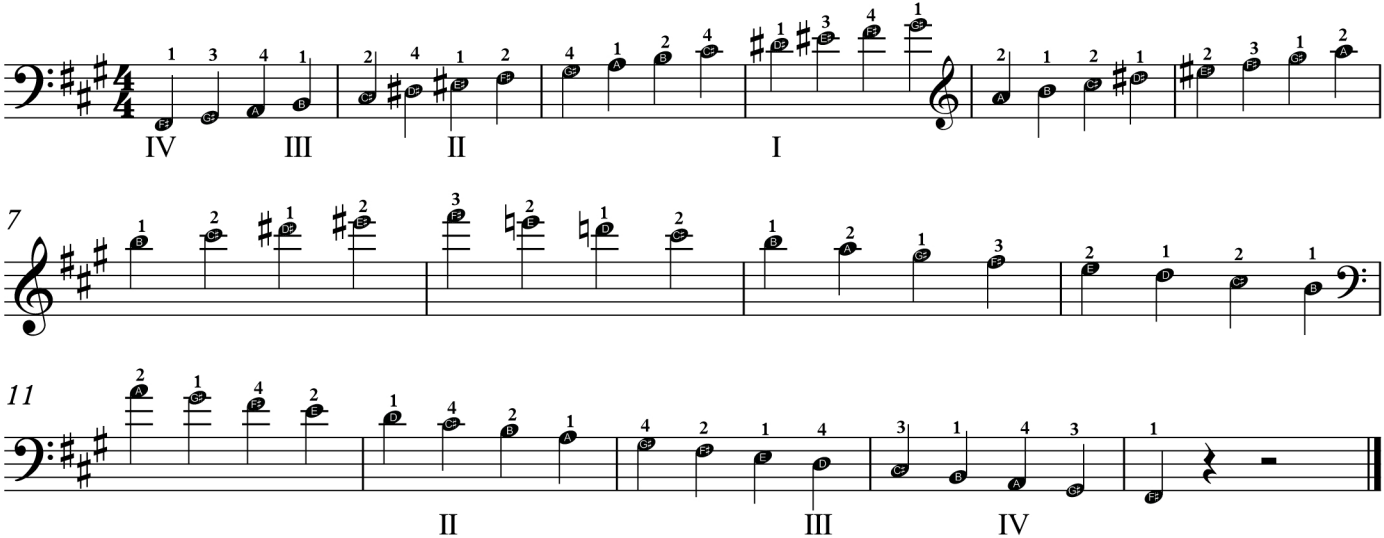F-sharp melodic minor scale 4 octaves