



The 3 Chord Progressions

CHEAT SHEET

Three chord progressions. Hundreds of songs. Yours forever.

Almost every song you have ever loved was built on one of these three progressions. The Beatles used them. Adele uses them. Once you know these three, you have the keys to hundreds of songs.

All three progressions use the same four chords: C, G, Am, and F. The order is what changes everything.

Before You Begin: Your Four Chords

All three progressions use these same four chords. Learn these shapes first.

C major -- C, E, G | Left hand: C + G

G major -- G, B, D | Left hand: G + D

A minor -- A, C, E | Left hand: A + E

F major -- F, A, C | Left hand: F + C

Beginner tip: Right hand plays the full chord. Left hand plays the root and the fifth only.

Continue to the next page...

The 3 Progressions

Same four chords. Three completely different feelings.

PROGRESSION 1 The Hit

The most used chord progression in the history of pop music.

C > G > Am > F

Left hand (fifths): C + G | G + D | A + E | F + C

How it works: Your right hand plays the full chord four beats each. Your left hand plays the fifth underneath. C, G, Am, F -- then back to C. Keep the loop going without stopping.

You hear it in: [Let It Be \(The Beatles\)](#), [Hey Soul Sister \(Train\)](#)

Pro tip: Start at 60 BPM and keep your left hand steady. Speed up only once both hands feel natural together.

Practice:

Play C > G > Am > F, four beats each chord.

Loop it without stopping. The transition between chords is part of the practice.

Once it feels smooth, try humming a melody over the top.

PROGRESSION 2 The Tearjerker

Same four chords. Start on the minor chord and everything changes.

Am > F > C > G

Left hand (fifths): A + E | F + C | C + G | G + D

How it works: Starting on Am instead of C gives this a darker, more emotional quality. Your hands are in the exact same position as Progression 1 -- you are just starting on a different chord.

You hear it in: [All of Me \(John Legend\)](#), [Hallelujah \(Leonard Cohen\)](#)

Pro tip: Give that Am real weight when you land on it. It is the emotional center of this progression. Let it ring for the full four beats before moving on.

Practice:

Play Am > F > C > G, four beats each chord.

Loop it and notice how the mood compares to Progression 1.

The same four chords -- a completely different feeling.

Continue to the next page...

PROGRESSION 3 The Classic

Three chords. The foundation of rock and roll, blues, and country.

C > F > G

Left hand (fifths): C + G | F + C | G + D

How it works: Just three chords, four beats each, back to C. This progression is behind more songs than you would believe. Because there are only three chords, your hands have more time to settle on each shape before moving.

You hear it in: *Twist and Shout (The Beatles)*, *La Bamba (Ritchie Valens)*

Pro tip: Use the extra space. Hold each chord with intention before you move. The simplicity is the power.

Practice:

Play C > F > G, four beats each chord.

Loop it and feel the drive. Three chords -- endlessly satisfying.

Once it is solid, try playing it at a slightly faster tempo.

Quick Reference: All 3 Progressions

Name	Chords	Left Hand	Feel	Songs
The Hit	C G Am F	C G A F	Uplifting	Let It Be, Hey Soul Sister
The Tearjerker	Am F C G	A F C G	Emotional	All of Me, Hallelujah
The Classic	C F G	C F G	Driving	Twist and Shout, La Bamba

Continue to the next page...

A quick note before you go:

You're not behind. You're not too old.

The reason piano hasn't felt joyful in the past isn't you. It's that nobody handed you the right tools. These five patterns are some of those tools.

Every PIANOLY student started right where you are now.

Ready to See the Full Roadmap?

These five patterns are just one piece of the puzzle. If you want to see exactly how we take students from zero (no experience, no music background) to playing the songs they've always loved, I put together a [free training](#) that walks you through the whole path.

You'll see the exact method, the order we teach everything, and why it works so much faster than traditional lessons.

Felix watched it in retirement and decided to join. He now plays every Sunday and Wednesday for his church prayer group and performs with the worship team once a month.

Marc had tried traditional lessons for years and gotten nowhere. After going through the training and joining the program, he surprised his wife by playing their wedding song.

Results vary depending on time invested and starting experience. But what these stories show is that with the right system, progress happens faster than most people expect.

➡ [Click here to access the free training and see the full roadmap.](#) ⬅



Learn the songs you've always loved. Finally.

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