

# MODAL HARMONY WORKSHOP

## Chord Progression Cheat Sheet

Modes of C Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Cmaj7</b>	I	VII	VI	V	IV	III	II
<b>Dm7</b>	II	I	VII	VI	V	IV	III
<b>Em7</b>	III	II	I	VII	VI	V	IV
<b>Fmaj7</b>	IV	III	II	I	VII	VI	V
<b>G7</b>	V	IV	III	II	I	VII	VI
<b>Am7</b>	VI	V	IV	III	II	I	VII
<b>Bm7b5</b>	VII	VI	V	IV	III	II	I

Modes of F Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Fmaj7</b>	I	VII	VI	V	IV	III	II
<b>Gm7</b>	II	I	VII	VI	V	IV	III
<b>Am7</b>	III	II	I	VII	VI	V	IV
<b>Bbmaj7</b>	IV	III	II	I	VII	VI	V
<b>C7</b>	V	IV	III	II	I	VII	VI
<b>Dm7</b>	VI	V	IV	III	II	I	VII
<b>Em7b5</b>	VII	VI	V	IV	III	II	I

Modes of Bb Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Bbmaj7</b>	I	VII	VI	V	IV	III	II
<b>Cm7</b>	II	I	VII	VI	V	IV	III
<b>Dm7</b>	III	II	I	VII	VI	V	IV
<b>Ebmaj7</b>	IV	III	II	I	VII	VI	V
<b>F7</b>	V	IV	III	II	I	VII	VI
<b>Gm7</b>	VI	V	IV	III	II	I	VII
<b>Am7b5</b>	VII	VI	V	IV	III	II	I

Modes of Eb Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Ebmaj7</b>	I	VII	VI	V	IV	III	II
<b>Fm7</b>	II	I	VII	VI	V	IV	III
<b>Gm7</b>	III	II	I	VII	VI	V	IV
<b>Abmaj7</b>	IV	III	II	I	VII	VI	V
<b>Bb7</b>	V	IV	III	II	I	VII	VI
<b>Cm7</b>	VI	V	IV	III	II	I	VII
<b>Dm7b5</b>	VII	VI	V	IV	III	II	I

Modes of Ab Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Abmaj7</b>	I	VII	VI	V	IV	III	II
<b>Bbm7</b>	II	I	VII	VI	V	IV	III
<b>Cm7</b>	III	II	I	VII	VI	V	IV
<b>Dbmaj7</b>	IV	III	II	I	VII	VI	V
<b>Eb7</b>	V	IV	III	II	I	VII	VI
<b>Fm7</b>	VI	V	IV	III	II	I	VII
<b>Gm7b5</b>	VII	VI	V	IV	III	II	I

Modes of Db Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Dbmaj7</b>	I	VII	VI	V	IV	III	II
<b>Ebm7</b>	II	I	VII	VI	V	IV	III
<b>Fm7</b>	III	II	I	VII	VI	V	IV
<b>Gbmaj7</b>	IV	III	II	I	VII	VI	V
<b>Ab7</b>	V	IV	III	II	I	VII	VI
<b>Bbm7</b>	VI	V	IV	III	II	I	VII
<b>Cm7b5</b>	VII	VI	V	IV	III	II	I

Modes of Gb Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Gbmaj7</b>	I	VII	VI	V	IV	III	II
<b>Abm7</b>	II	I	VII	VI	V	IV	III
<b>Bbm7</b>	III	II	I	VII	VI	V	IV
<b>Cbmaj7</b>	IV	III	II	I	VII	VI	V
<b>Db7</b>	V	IV	III	II	I	VII	VI
<b>Ebm7</b>	VI	V	IV	III	II	I	VII
<b>Fm7b5</b>	VII	VI	V	IV	III	II	I

Modes of F# Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>F#maj7</b>	I	VII	VI	V	IV	III	II
<b>G#m7</b>	II	I	VII	VI	V	IV	III
<b>Am7</b>	III	II	I	VII	VI	V	IV
<b>Bmaj7</b>	IV	III	II	I	VII	VI	V
<b>C#7</b>	V	IV	III	II	I	VII	VI
<b>D#m7</b>	VI	V	IV	III	II	I	VII
<b>E#m7b5</b>	VII	VI	V	IV	III	II	I

Modes of B Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Bmaj7</b>	I	VII	VI	V	IV	III	II
<b>C#m7</b>	II	I	VII	VI	V	IV	III
<b>D#m7</b>	III	II	I	VII	VI	V	IV
<b>Emaj7</b>	IV	III	II	I	VII	VI	V
<b>F#7</b>	V	IV	III	II	I	VII	VI
<b>G#m7</b>	VI	V	IV	III	II	I	VII
<b>A#m7b5</b>	VII	VI	V	IV	III	II	I

Modes of E Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Emaj7</b>	I	VII	VI	V	IV	III	II
<b>F#m7</b>	II	I	VII	VI	V	IV	III
<b>G#m7</b>	III	II	I	VII	VI	V	IV
<b>Amaj7</b>	IV	III	II	I	VII	VI	V
<b>B7</b>	V	IV	III	II	I	VII	VI
<b>C#m7</b>	VI	V	IV	III	II	I	VII
<b>D#m7b5</b>	VII	VI	V	IV	III	II	I

Modes of A Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Amaj7</b>	I	VII	VI	V	IV	III	II
<b>Bm7</b>	II	I	VII	VI	V	IV	III
<b>C#m7</b>	III	II	I	VII	VI	V	IV
<b>Dmaj7</b>	IV	III	II	I	VII	VI	V
<b>E7</b>	V	IV	III	II	I	VII	VI
<b>F#m7</b>	VI	V	IV	III	II	I	VII
<b>G#m7b5</b>	VII	VI	V	IV	III	II	I

Modes of D Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Dmaj7</b>	I	VII	VI	V	IV	III	II
<b>Em7</b>	II	I	VII	VI	V	IV	III
<b>F#m7</b>	III	II	I	VII	VI	V	IV
<b>Gmaj7</b>	IV	III	II	I	VII	VI	V
<b>A7</b>	V	IV	III	II	I	VII	VI
<b>Bm7</b>	VI	V	IV	III	II	I	VII
<b>C#m7b5</b>	VII	VI	V	IV	III	II	I

Modes of G Major:

	IONIAN	DORIAN	PHRYGIAN	LYDIAN	MIXOLYDIAN	AEOLIAN	LOCRIAN
<b>Gmaj7</b>	I	VII	VI	V	IV	III	II
<b>Am7</b>	II	I	VII	VI	V	IV	III
<b>Bm7</b>	III	II	I	VII	VI	V	IV
<b>Cmaj7</b>	IV	III	II	I	VII	VI	V
<b>D7</b>	V	IV	III	II	I	VII	VI
<b>Em7</b>	VI	V	IV	III	II	I	VII
<b>F#m7b5</b>	VII	VI	V	IV	III	II	I