Often, tunes have dots or long notes, which make adding counterpoint or figuration to them tricky. Here are 3 methods to make any tune into running quarter notes:

1. Dotted quarters and eighths become even

2. Leave out notes between beats

3. Apply the figuration patterns from sheet 3a to long notes

Try turning these lines into running quarters (maybe hands separately, then together).

Sometimes, if a pair of eighths is part of a scale, the first is actually the dissonance, and the second is the one that should stay for the smoothed-out version.

Apply rules 1 and 2 as well.

Maybe use the ends of phrases to pause, and keep the running quarters from sounding too relentless.