Basic movement

h j k l	character: left, up, down, right
b w	word: left, right
ge e	end of word: left, right
{ }	paragraph: previous, next
0 gm	line: beginning, middle
^ $	line (char): first, last
nG ngg	Go to line n
n%	go to n% line in file
n|	go to column n in line
%	match brace, bracket, etc
nH nL	line n from: start, bottom of window
M	middle line of window

Spotify

SPC a m s p	Pause/Play
SPC a m s n	Next Track
SPC a m s N	Previous Track
SPC a m s g	Search for Track
SPC a m s q	Quit Spotify