

WORKING HANDS 8

1. 2. 3.
 = 120  = 180  = 210

Sticking L



2. LLRR LLRR 10. LRLR LRLR
3. LLRR LRLR
4. RRLL RLRR
5. LRLL RLRR
6. LLRL RLRR
7. LLLL RRRR
8. RRRR RRRR
9. LLLL LLLL

L



8

Sticking R



2. RRLL RRLL 10. RLRL RLRL
3. RRLL RLRL
4. LLRR LRLR
5. RLRR LRLR
6. RRRL LRLR
7. RRRR LLLL
8. LLLL LLLL
9. RRRR RRRR

R

