

three four five six, 2 3 4 5, 1 2 3 4

1.
R L R L R L R R L R L R L R L R L R

2.
L R R L L R L R L R L R x R L R L R

3.
1 2 1 2 3 1 2 3 4 1 2 3 4 5

4.
R L R L R L L R L R L R L x

5.
1 1 2 1 2 3 1 2 3 4

6.
R L R L x R L L R

- *1. Loop the first group hand to hand
- 2. Loop the orchestrated pattern with the suggested sticking
- 3. Loop both patterns