

TWO UP, TWO DOWN

4x32 S

1 2 3

S X_R

1x 2x 3x

S T_{L $\frac{1}{2}$}

1 2 3

A

3 2 1 4

S T_{R $\frac{1}{2}$}

3x 2x 1x 4x



3x 2x 1x 4x



Repeat
with
set
inverted.