

ASPEN CIRCLE STRATHSPEY

3x40 S

Set and Rotate

1 2

S



① - ①

X_R

② - ②

① - ①



② - ②

2 ① ① 3

RA

2 ① ① 3

LA

2 1 3

↕ **X_R**

2x 1x 3x

2x 1x 3x

↕

X_R T_L T_R

Scissor Progression

① - ③

① - ③

S

pass right

③ → ①

③ ← ①

③ ③

① ①

S

pass right

① → ①

③ ← ③

2 3 1

⑥