

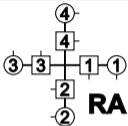
# THE BUCHAN EIGHTSOME REEL

10x40 R

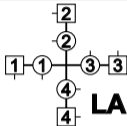
**A**

8

**CHAIN**



**CHAIN**



**B**

7

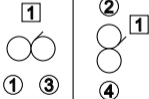
1 inside



Men raise free arm in turns



Men raise both arms



Repeat B with 2

then:



Then repeat A