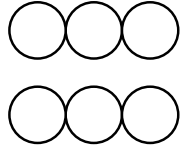
TWO UP, TWO DOWN — 4x32 S

1 2 3	1x 2x 3x	1 2 3	3 2 1 4	3x 2x 1x 4x	3x 2x 1x 4x	Repeat with set inverted.
S X_R	**S $T_{L\frac{1}{2}}$**	**A**	**S $T_{R\frac{1}{2}}$**			

Derek Haynes, Carnforth 5

4C/4C longwise set.