

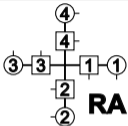
THE BUCHAN EIGHTSOME REEL

10x40 R

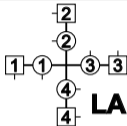
A

8

CHAIN



CHAIN



B

7

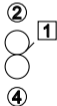
1 inside



Men raise free arm in turns



Men raise both arms



Repeat B with 2

then:



Then repeat A