

# LOCHSKERROW

5x32 S

1 3

S T<sub>B</sub>

1-2 3-4

S T<sub>B</sub><sup>1</sup>/<sub>2</sub>

1-2 3-4

2 1 4 3 5

T<sub>R</sub>

2 4 5

1 3

T<sub>L</sub>

T<sub>L</sub> 1 ↻

4 1 5 3

S RA

2 1x 4x 3x

S LA

1 2-3 4-5

CHAIN

8 changes

1 2-3 4-5

to 2 4 1 5 3