

AN NISEAG

Nessie

2x(32 S + 32 R)

Strathspey

1 2 3 4

X_R

1 2 3 4

Progressive Chain

1-2 3-4

X_L

1-2 3-4

2 1-4 3

X_R

2 1-4 3

2-4 1-3

X_L

2-4 1-3

4 2 3 1

**DOUBLE FIGURES
OF EIGHT**

4 2 3 1

2x 3x

RL₃₄

3x 2x

1 1

3x 4x 1x 2x



Reel

3 4 1 2



3x 4x 1x 2x



3x 4x 1x 2x

S RA

3 2

S LA

4 2x 3x 1

S RA

4x 1x

S LA

to 2 1 4 3