

SN
1
Right Hand 1st time through, Left Hand 2nd time

TN
1
Right Hand 1st time through, Left Hand 2nd time

BD
1
Right Hand 1st time through, Left Hand 2nd time

SN
7
R L R L R L

TN
7
R L R L R L

BD
7
R L R L R L

SN
13
Right Hand 1st time through, Left Hand 2nd time Alt.

TN
13
Right Hand 1st time through, Left Hand 2nd time Alt.

BD
13
Right Hand 1st time through, Left Hand 2nd time Alt.