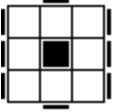
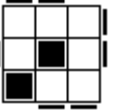
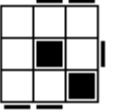
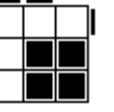
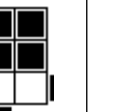
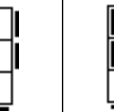
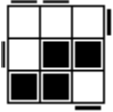
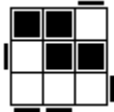
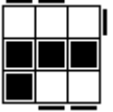
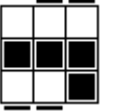
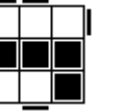
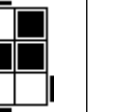
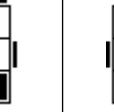
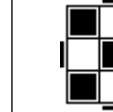
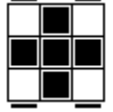
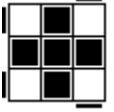
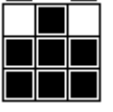
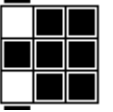
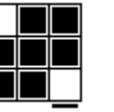
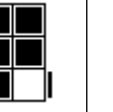
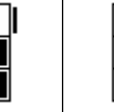
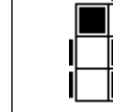


LPY's 单手 OLL

1  R U2 x R2 U R U' y R2 y z U' R U R'	2  r U R' U2 R U2 r'(食指) U2 r U' r'(尾指)	3  r'(食指) R2 U R' U r U2 r'(食 指) U r R'	4  R r'(食指) U' r U2 r'(食指) U' R U' R2 r	5  r'(食指) U2 R U R' U r	6  r U2 R' U' R U' r'(食 指)	7  r U R' U R U2 r'(食指)	8  r'(食指) U' R U' R' U2 r	9  R U R' U' R' F(大拇指) R2 U R' U' y L'(食指)	10  R U R' U x R' U R U' x' R U2 R'
11  r'(食指) R2 U R' U R U2 R' U r R'	12  R2 U' R U' R' U2 R U' R r'(食 指)	13  F(大拇指) U R U2 R' U' R U R' y L'	14  R' U' y z U' R2 U R U' R' U F(大拇指)	15  r' U' r R' U' R U r' U r	16  r U r' R U R' U' r U' r'	17  R U R' U x R' U R U' y R2 y z U' R U R'	18  R y R U R' U y z U' R2 y U' R U R'	19  r' R U R U R' U' r x R2 U R U'	20  r' R U R U R' U' r2 R2 U R U' r'
21 	22 	23  R2 u' y R U2 R' D(尾指) R U2 R	24  r U R' U' z U' R z' R U'	25  R U R' U (R U' R' U)2 R U2 R'	26 	27 	28  r U R' U' r' R U R U' R'	29  r U R' U' R x' z U2 R z' R U' R' r	30  r y R U R2 U' R' U R2 U' R' x' U'

31 R' U' F(大拇指) U R U' R' x U' R	32 x' R U R' D(食指推U顺势 R'尾指做D) R U' R U' R' U R' u'	33 R U R' U' x R' U R U'	34 R' U' R U y r U R' U' R r'	35 R U2 x R2 U R U' x' R U2 R'	36 R' U' R U' R' U R U R x' U' R' U	37 R y R U' R' U' R U R' y L	38 R U R' U R U' R' U' x R' U R U'	39 r U' r'(尾指) U' r y R U R' y' L'	40 R' F R U R' U' y L' U F
41 R U' R' U2 R U y R U' R' U' y L'	42 U' R U R2 U' R' x' U' R U R F	43 R' U' y z U' R U F	44 R U y R U' R' y L'	45 U' R y R U R' U' y L'	46 R' U' x R' U R U' x' U R	47 R' y' R' U' R U R' U' R U y R	48 U' R y (R U R' U')2 y L'	49 r U' r2 U r2 U r2 U' r	50 r' U r2 U' r2 U' r2 U r'
51 U' r y (R U R' U')2 x' U'	52 R' U' R U' R' U y' R' U R y R	53 r' U2 R U R' U' R U R' U r	54 r U2 R' U' R U R' U' R U' r'	55 R U2 R2 U' R U' R' U2 x U R U'	56 r' U' r (U' R' U R)2 r' U r	57 R U R' U' r R' U R U' r'			
13' r U' r'(尾指) U' r U r'(尾指) y z U' R U	25' R' U' z U R z' R U' z U'	32' R U x' U' x U' R' U R y R y L'							

