void setup(){

}

void loop(){

for ( int i=4 ;i<=7 ; i++){

digitalWrite(i, HIGH);

delay(1000);

digitalWrite(i, LOW);

delay(1000);

}

for(int i=7; i>5 ; i--){

digitalWrite(i-1, HIGH);

delay(1000);

digitalWrite(i-1, LOW);

delay(1000);

}

}