Sitting Animations:

1. Sit down by side stepping in from left – placing hands on desk
2. Sit down by side stepping in from right – placing hands on the desk
3. Sit idle with hands on the desk
4. Place hands from desk onto knees
5. Slowly drag arm left to write (imitating writing a letter)
6. Place object from center to desk up-right (pen in ink well)
7. Place object from center to desk up-left
8. Place object from center to desk left (shifting something over)
9. Place object from center to desk right
10. One handed grab from desk right to center
11. One handed grab from desk left to center
12. Two handed tall object grab from desk right to center – shifting object
13. Two handed tall object grab from desk left to center – shifting object
14. Two handed tall object grab from desk right to center – rotating object from vertical to horizontal position
15. Two handed tall object grab from desk left to center – rotating object from vertical to horizontal position
16. Breast stroke motion (generic work in front of you)
17. Grab something from desk left, hold it to face (examine), place center
18. Grab something from desk right, hold it to face (examine), place center
19. Grab something from center, hold it to face (examine), place on desk left
20. Grab something from center, hold it to face (examine), place on desk right
21. Raise object from center with both hands, do a swivel examine, wrists should be eye level, hands slightly to the right
22. From desk center – hold up both hands, examine objects in each hand: Feign placing item with right hand over on desk right, bringing it back, place both items on desk center
23. With hands on knees roll chair backwards using feet
24. With hands on knees roll chair forwards using feet
25. Reach to grab a rectangular box object from the ground: hold it parallel to chest
26. Roll chair forward with feet while holding a rectangular box object parallel to chest
27. Set box object onto desk right
28. Set box object onto desk left
29. Reach under desk with right hand placing object from floor onto desk right
30. Reach under desk with left hand placing object from floor onto desk left
31. Open box on desk right with right hand by flicking latch upwards
32. Open box on desk left with left hand by flicking latch upwards
33. Close box on desk right with right hand
34. Close box on desk left with right hand
35. Search for object in box on desk right – preparing to use tool on desk center
36. Search for object in box on desk left – preparing to use tool on desk center
37. Tighten a horizontal bolt on desk center (slightly exaggerated shoulder and arm movements)
38. Tighten a vertical bolt on desk center (slightly exaggerated shoulder and arm movements)
39. Perform a circular washing motion with right hand on desk center (get shoulder movement)
40. Perform a sawing motion with right hand on desk center (get shoulder movement)
41. Perform a hammering motion with right hand on desk center (get shoulder and back movement)
42. With right hand, reach for screw switch on desk right and turn switch (flick wrist a little)
43. With right hand, reach for screw switch on desk left and turn switch (flick wrist a little)
44. Stand up from chair, side step to left and pivot 180 degrees
45. Stand up from chair, side step to right and pivot 180 degrees
46. Take off boot while sitting

Sam

Boss

Friend

Workers