

The movements that happen in the file are as following:

1. The person stands in his normal position.
2. Maintaining the legs same as in step 1, the person moves his left hand towards right-low.
3. Now he lifts his right hand behind his back. It looks like one hand is in front and other behind the body.
4. Now both hands in front of the body with the right hand in front of the left.
5. In the next position there are two persons, both performing the same task with different speeds. Person 1 lifts his hand forward quickly then remains in the same position for the next 2 counts. Person 2 lifts the hand in 3 counts.
6. Now both bring their hands down.  
Note:-Person 2 has no symbol mentioned for left hand down, but the hand still comes down as it is the default position when nothing is mentioned.
7. Both lift their right hand completely high (180 degrees motion from down to up).  
The palm of the person 1 faces forward after it has reached the highest position while the palm of person 2 faces forward in between the motion and keeps facing forward until the motion terminates.
8. Hands of the first person move down and the behind.