- 1. In the first 8 counts the elbow swings forward and backward.
- 2. It finally ends with the arm backwards.
- 3. Both arms go to either sides.
- 4. Now one wrst faces upwards and the other downwards.
- 5. The arms then go to opposite sides.
- 6. Then right arm goes place high and the other goes place low.
- 7. The movement ends with both arms facing either sides.