

The movements that happen in directions.lbn file are listed below:

1. The person is standing in normal position.
2. Right leg and right hand go forward-low.
3. Right leg and right hand go forward-middle i.e. leg at hip level and hand at shoulder level.
4. Right leg and right hand go forward high i.e. leg a little above hip level and hand a little above shoulder level.
5. Right leg and right hand go place high i.e. straight up (180 degrees from normal position).
6. Right leg and right hand go side-low.
7. Right leg and right hand go side-middle.
8. Right leg and right hand go side-high. The leg goes high in half count while the right hand reaches in one count.
9. Right leg comes back down to normal position and right hand goes to place-high again.
10. The person comes to normal standing position for 2 counts.
11. Hands come near the chest.
12. Person rises on his toes.
13. Person goes down a little with his legs bent.
14. With the weight on right leg, the left leg and left hand go backwards-low.
15. The left leg and hand go backward-middle.
16. The left leg and hand go backward-high (though this is not practically possible in a normal human body ).
17. The person walks towards forward-right diagonally two steps and the third step with a bent knee with the right and left leg alternating.
18. Then he walks backwards (backward-left) with the first step bent on the right knee and the next two steps on toes.