

1. Person is standing in normal standing position.
2. The leg movements are one step low and other two high during the entire motion.
3. The elbows go to either sides in the first step.
4. The hands then go to place-high position.
5. The elbows then go forward.
6. Step 4 is repeated again.
7. The elbows go to either sides and the hands come place-low position.
8. The elbows are lifted backwards.
9. The hands go forward and elbows go down.