

1. Person is standing in normal position.
2. Lifts the left leg forward and then the right.
3. Then takes the knee backwards and the left leg forward again.
4. Comes back to normal standing position.
5. Keeps the left leg as it is and twists the right ankle backwards to the left.
6. And then twists again backwards to the right.
7. Then comes back to place.
8. Rises in position and takes right leg sideways.
9. Then twists the knee to the left.
10. Comes back to place again.
11. Jumps o one leg and takes the left ankle backwards.
12. Repeats the same for the other leg.