- 1. The person is standing in normal standing position.
- 2. Both hands go forward low and hence the person is bent forward.
- 3. Right hand goes straight high (place-high position).
- 4. Right hand goes to the right -low side and bends to the right a little.
- 5. Right hand goes backwards and left hand goes forward.
- 6. Right hand goes to the left-high position and hence the body bends a little.