

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

1. The person is standing in normal standing position.
2. The feet spread apart. Weight is equally distributed on the two legs.
3. The next two steps (counts) indicate the same position. The right leg placed in front of the left leg diagonally and close to each other.
4. The next three steps (counts) indicate the same position. Right leg a little forward and left leg a little backwards. The pins in the second step show that the feet are apart from each other but are placed diagonally. The pins in the third step show that the feet are apart but both are straight.
5. The next two steps (counts) indicate the same position. The right leg is in front of the left leg with the heels of the right leg touching the toes of the left leg.
6. This is a diagonal position. The left leg goes backwards-left and the right leg to forward-right diagonally.
7. This is a crossed diagonal. The right leg goes to forward-left and left leg to backwards right.
8. The person comes back to normal position with only the right leg making the adjustment. The left leg stays in the same place as it was in the earlier step and the right leg moves towards the left leg.