

1. Hands remain held at shoulder level to the sides in the entire file. Only the position of palms changes.
2. In step one right leg goes behind left leg on toes.
3. Then the left leg goes leftwards. The palms face down wards in this motion.
4. The right leg goes to the left again but from the front side. Palms face upwards.
5. The left leg goes behind the right leg with palms facing low and to the sides.
6. The right leg goes right.
7. The left leg goes to the right from the front side.
8. The right leg goes right again with palms facing both sides in low position.
9. The left leg goes behind the right leg with hands facing the sides and a little high.
10. Right leg bends and goes to the left with palms facing forward low.
11. Left leg goes to the left on toes.
12. Right leg goes to the left from behind and hands face forward .
13. The leg gestures in steps 5,6,7,8 are repeated with hands facing forward and backwards respectively.