- 1. Person is standing with hands stretched on either sides.
- 2. Hands go straight high.
- 3. Both hands cross each other.
- 4. Hands go down (place-low).5. Hands go outwards and the steps 4,3,2 are repeated one after another.
- 6. Hands go straight high again.
- 7. The same movement is repeated again.
- 8. The hands are moving in circular fashion.