

THE 6 BASIC MOVEMENTS

All positions represented as mirror image.

4. Waving Hands in the Cloud



a.
Bring the right hand toward the left elbow, right foot in line with the left.



b.
Stepping side-ways with the right foot, move the right hand upwards, and the left hand downwards.



c.
Bringing the left foot closer to the right foot, turn the upper body and arms to the right.



d.
Move the right hand down, and the left hand up.



e.
Turn the upper body and arms to the left.

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Second Waving Hands



a.
Stepping out with the right foot, move the right hand upwards, and the left hand downwards.



b.
Bringing the left foot in, turn the upper body and arms to the right.



c.
Move the right hand down and the left hand up.



d.
Turn the upper body and arms to the left.

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Third Waving Hands



a.
Stepping out with the right foot, move the right hand upwards, and the left hand downwards.



b.
Bring the left foot in, and turn the upper body and arms to the right.



c.
Move the right hand down and the left hand up.



d.
Turn the upper body and arms to the left.