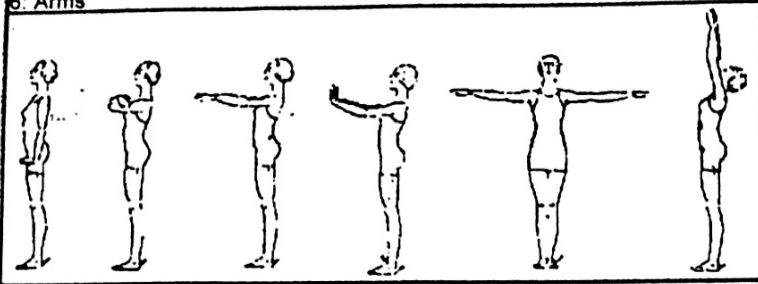
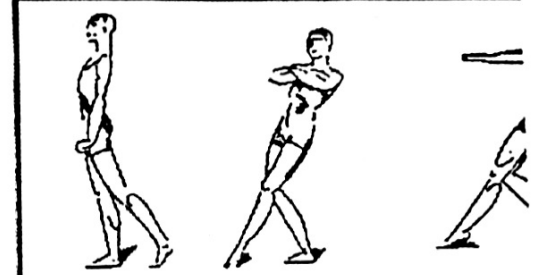


5: Description: "5 to 1: The step. 1 to 2: Cross the free leg over the supporting leg. 2 to 3: Stretch the free leg out in front bending the supporting leg. 3 to 4: Extend the free leg back to the supporting leg."

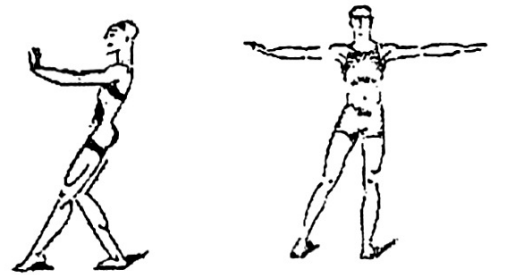
6: Arms



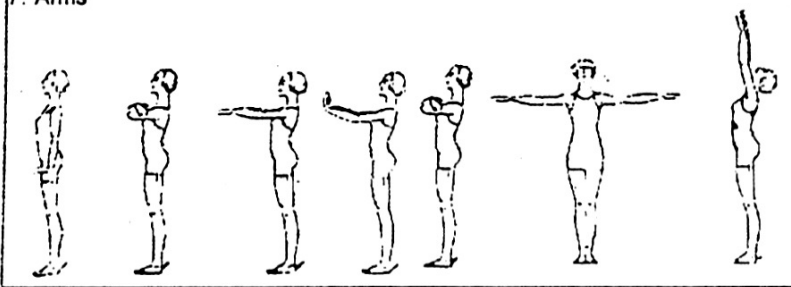
6: With Legs



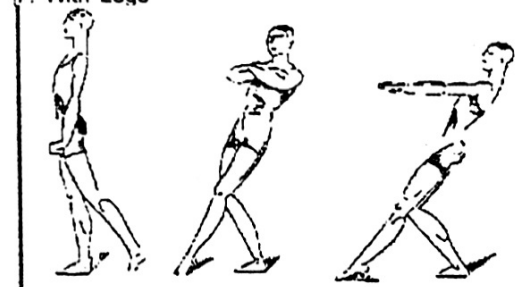
6: Description: "1. Step. 2. Cross the free leg (bending the knee of supporting leg). 3. Extend the free leg in front. 4. Straighten the supporting leg, keeping the free leg extended in front. 5. Extend the free leg to one side. 6. Bring the free leg back to the supporting leg."



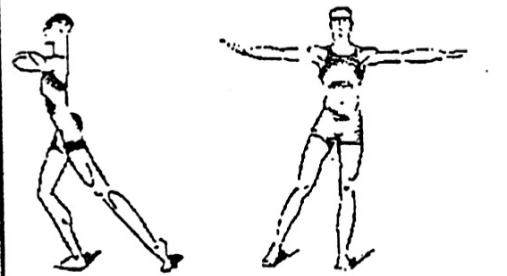
7: Arms



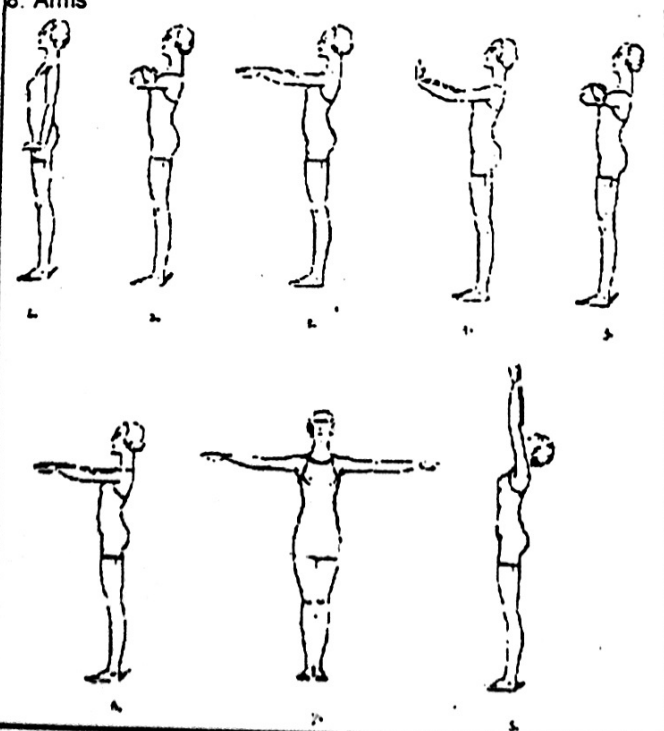
7: With Legs



7: Description: "1. Step. 2. Cross the free leg (bending the knee of supporting leg). 3. Extend the free leg in front. 4. Straighten the supporting leg, keeping the free leg extended in front. 5. Extend the free leg to one side. 6. Bring the free leg back to the supporting leg."



8: Arms



8: With Legs

