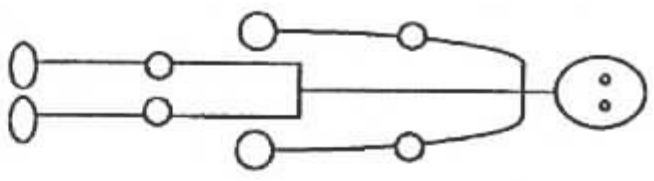
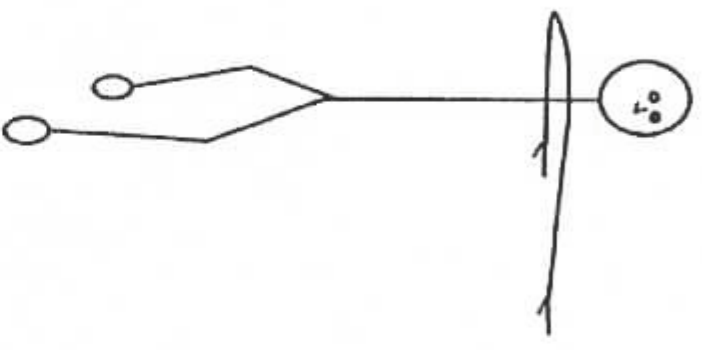


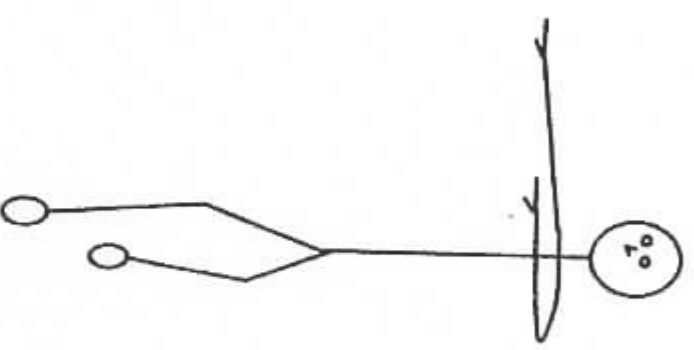
CROSS PATTERN WALKING (Pointing)



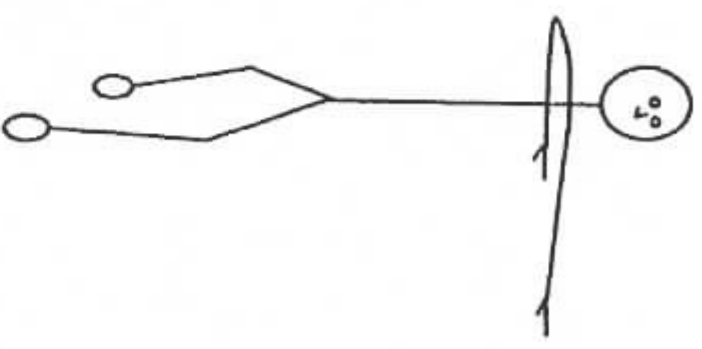
Stand tall.
Shoulders back.
Arms hang naturally at sides.
Feet point forward.



Left foot forward.
Point to LEFT with right hand keeping arms at shoulder height. Look at pointing hand.



Right foot forward.
Point to RIGHT with left hand keeping arms at shoulder height. Look at pointing hand.



Left foot forward again.

