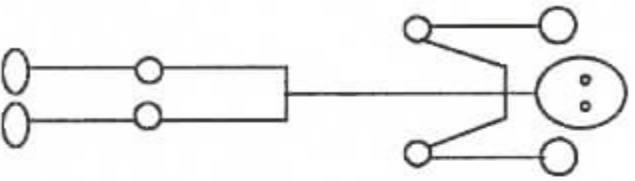
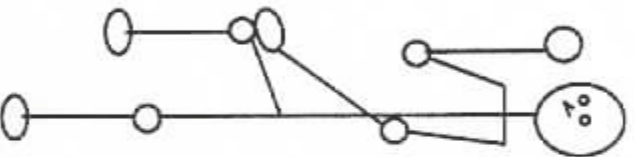


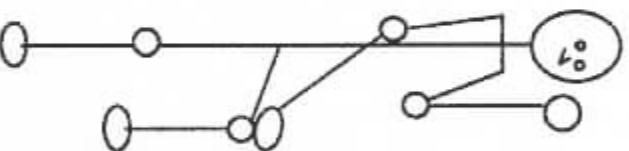
# CROSS PATTERN WALKING (Slapping Knees)



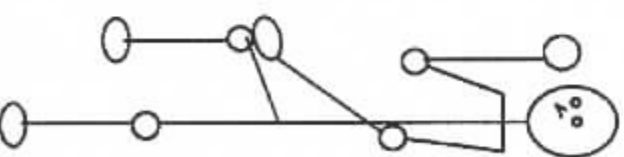
Stand tall.  
Shoulders back.  
Arms bent at elbows,  
elbows close to sides.  
Hands near shoulders,  
palms facing forward.  
Feet point forward.



Right knee up. Slap  
right knee with left  
hand. Turn head  
slightly to right. Look at  
knee and hand as  
you slap. Right hand  
stays put.



Left knee up. Slap left  
knee with right hand.  
Turn head slightly to left.  
Look at knee and hand  
as you slap. Left hand  
stays put..



Right knee again.

This . . . not this.

