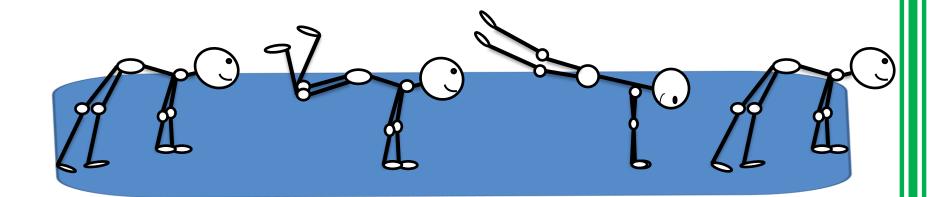


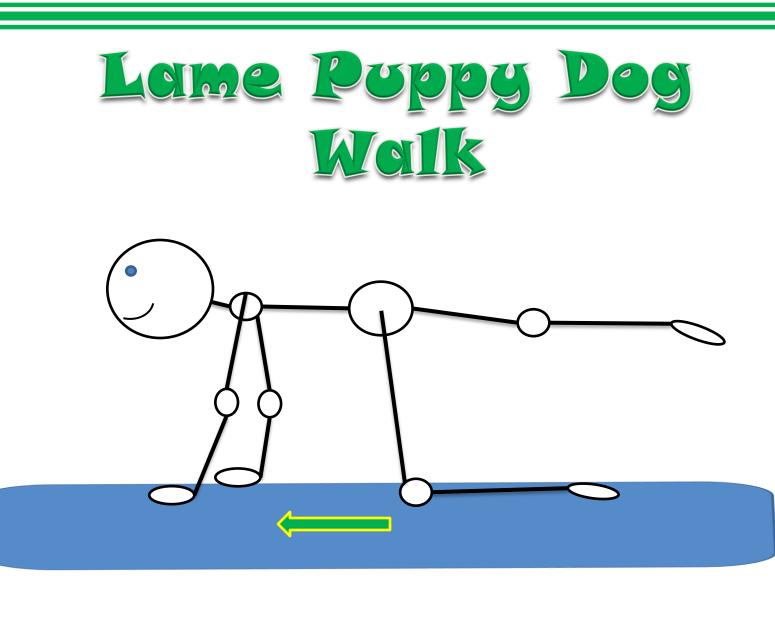
Walk forward, backward or sideways



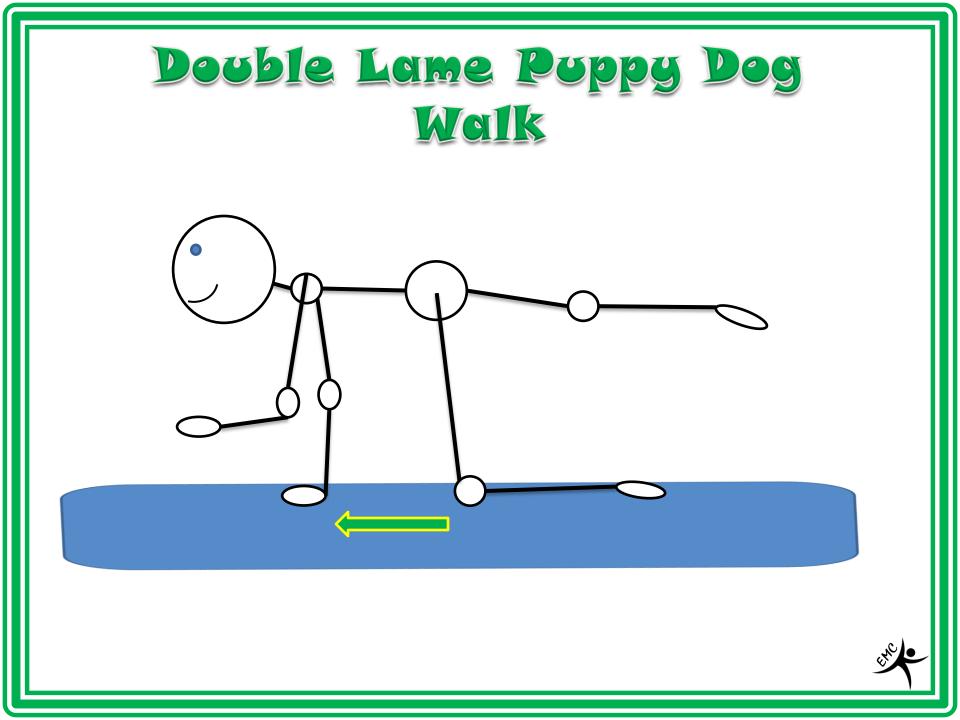


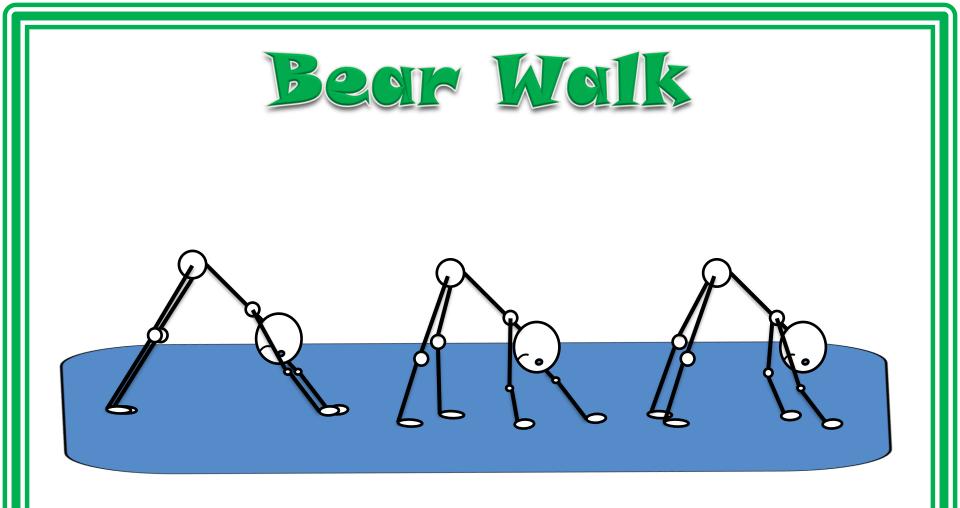












- 1. Move right hand and foot together.
- 2. Then move left hand and foot together.

