

- 1) Serpentine, in gait, down and back.
- 2) Close one circle to left, reverse, close circle to right, in gait.
- 3) Stop, stand for 5 seconds.
- 4) Back five steps.
- 5) In gait, complete a large circle (about 30 feet in diameter) Close four circles (about 10 feet in diameter) inside the larger circle. Return to line.

