

Arms: body should start an inclination to the right, right hand raised with palm open near the right ear as though trying hard to hear something. Left hand stretched behind with palms open and twisted to the right at the wrist - traditional Thai dance routine!

3-4 With weight on right, stomp on left foot twice

Arms: maintain body and arm position for count 3. Upon count 4 which is the second stomp, recover weight on left foot, straighten body

5-8 Repeat counts 1-4 above

REPEAT

RESTARTS:

The first restart is after the 1st repetition when you have completed the "walks, turns and kicks". The second restart will be much later after the 12th repetition. Both restarts occur after 16 counts from the top. As a result of the restarts, you would actually have completed facing all 4 walls!

ENDING:

When the music is about to end, you will be executing the "walks, turns, kicks". Just turn to face the original front wall and stretch both hands upwards and "shudder" to the sky, palms open.