

Start standing on the paw in the center **LF**, **RF** **LH** **RH**

Place your left FOOT on the crossed bones (X) in the inner ring and right foot on the heart in the outer ring



Place your left hand where your left foot is. Move your left foot backward 3 steps. Place your right hand where your left hand is. Move your right foot backward 2 steps.



Move your right hand outward to the closest outer ring cell. Swap your left foot and left hand. Move your right foot and left hand one step toward the direction you are facing, while staying in the same ring.



Move your left foot to the furthest cell in the outer ring from where it is, and then step the left foot forward 3 steps. Step your right foot forward 1 step. Step your left hand backward 1 step. And lift the hand you are facing toward the air. Look at the symbols under your left foot, right foot, and remaining hand.

