BASIC MOTION TECHNIQUE

High-V
Both arms up straight slightly in front of body, big cinnamon rolls face the front.

Low-V
Both arms down straight slightly in front of body, big cinnamon rolls face the front.

T
Both arms straight to each side slightly in front of body, big cinnamon rolls face the front.

Inverted T
Both arms folded in towards chest from T position with little cinnamon rolls facing the front.

Cone
Both arms up straight with hands clasping slightly in front of body.

Goal Post
Both arms straight up close to ears slightly in front of body, little cinnamon rolls facing the front.

Left High V
Left arm is in High V position. Right arm is in Chant Stance on hip.

Right High V
Right arm is in High V position. Left arm is in Chant Stance on hip.

Left Low V
Left arm is in Low V position. Right arm is in Chant Stance on hip.

Right Low V
Right arm is in Low V position. Left arm is in Chant Stance on hip.

Left Punch
Left arm is in Goal Post position. Right arm is in Chant Stance on hip.

Right Punch
Right arm is in Goal Post position. Left arm is in Chant Stance on hip.

Left L
Left arm is in T position. Right arm is in Goal Post position.

Right L
Right arm is in T position. Left arm is in Goal Post position.

Left Diagonal
Left arm is in High V position. Right arm is in Low V position.

Right Diagonal
Right arm is in High V position. Left arm is in Low V position.

Buckets
Both arms straight in front of body, hands in fists with big cinnamon rolls facing each other.

Candle Sticks
Both arms straight in front of body, big cinnamon rolls facing up.