

1. Commencing Form
2. Opening and Closing Hands
3. Waving hands in the clouds x 3 Left
4. Opening and Closing Hands
5. Fair Lady Working at Shuttle (Block) L&R
6. Opening and Closing Hands
7. Toe Kick – Left & R
8. Opening and Closing Hands
9. Waving hands in the clouds x 3 Right
10. Waving hands in the clouds x 3 Left
11. Opening and Closing Hands
  
12. Stroking bird's tail – Left
13. Opening and Closing Hands
14. Stroking bird's tail - Right
15. Opening and Closing Hands
16. Waving hands in the clouds x 3 Right
17. Opening and Closing Hands
18. Closing Form