

Living Trace

I
(2022-2024)

NATTHAPHON CHAIWORAWAT

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— *Living Trace | Statement* —

Living Trace, a long-term project that represents parts of life through a performative installation process that focuses on duration as the core element of the creative work. It portrays the linkage between humanity on both individual and collective levels through role-playing, performers, viewers, and objects by utilizing “Reaction Scores,” documentation of Natthaphon’s bodily reactions to stimuli such as people, animals, objects, and daily life events. He has been documenting these reactions since 2022 and will continue to do so.

For Natthapon, Reaction Scores represent traces of his existence that are linked to society. He transforms life experiences into artistic processes, serving as “Traces of Acts.” From the object perspective, Reaction Scores can be considered as Objects to Read and Objects to React, encouraging viewer participation and shaping their temporary experiences. This process becomes a sudden, unpredictable, performative occurrence, reflecting the collective human existence.

Living Trace is centered around a series of Reaction Scores in the form of book chapters, which serve as the foundation for creating various art forms such as sound performances, text-based art, live performances, and more. This transformation process imitates individual nurturing and collective embodiment, reflecting existence and the possibilities of life. It challenges traditional boundaries between performer and audience, objects and participants, and individuals and society.

— *Living Trace | Note from the past* —

In one lifetime, existence is a distance that traverses from one point to another, from one experience to the next, assuming various roles and emotions. It is the conveyance that initiates actions, which become causes that yield results. These results leave tangible traces, visible to the physical eyes and palpable through sensations.

The conveyance brings forth questions about existence, prompting a search for answers amidst self-doubt and pain, casting shadows over decision-making. Yet, one strives to stay on track, determined to overcome mid-life crisis, hoping to awaken each day with a renewed sense of self. It is crucial to remember that one’s significance is a whisper. Yet, this whisper adds depth to the symphony of society, enriching the collectivity with traces of individual existence.

These living traces witness an individual’s connection to society, bearing the entirety of one’s individuality. Amid societal expectations and interactions, navigating through waves of collective consciousness within the shared space of collective existence. understanding that the self is but a part of a larger social tapestry.

Amidst the hustle and rhythm of social life, one reflects on the choices made, the roads not taken, and the moments of regret that linger. All of these contribute to the mosaic of human experience. However, even within the shadows of regret, there lies a profound pleasure in simply existing—experiencing the rollercoaster of life, the connections, and disconnections, the fleeting moments that shape a lifetime. The journey marked by regret and pleasure is a testament to the complexity of life.

Natthaphon Chaiworawat
2nd July 2024

Reaction Score_01

ยืนแอบ่นหน้าอกขึ้นพร้อมย่อขาลงเล็กน้อย
เดินไปข้างหน้า ยกว่งแขนไปมาระหว่างเดิน
เอามือตบตรงบริเวณซี่งหลังระหว่างเดิน
ระหว่างเดินให้หันซ้ายหันขวาๆ
สุดทางแล้วให้กลับหลังหัน
อย่าลืมหายใจของตัวเอง

Reaction Score_01

Stand with your chest bent up with a slight squat.
Walk forward while both of your arms swinged.
Slap your hand on your back between your waist.
Turn your head slowly while walking.
Turn around at the end of the way.
Don't forget your own breath.

Reaction Score_02

ເຫຍັນຫັນ ມອງວັດຖຸດ້າບບນ
ຍກສັບເກົ້າຫັນເລີກນ້ອຍ
ຄ່ອຍໆ ຂຍັບຮ່າງກາຍ

Reaction Score_02

Look up and stare at an object.
Lift your heels up slightly.
Move your body discretely.

Reaction Score_03

ធម៌រៀបចំប្រព័ន្ធមេន្ត្រី

ໃຫ້ເລີບຂອງເນື້ວໂປ້ງບຸດເລີບມື່ວຖາລະເນື້ວ

Reaction Score_03

Raise your thumb up.

Scrape down each of your fingernails with thumbnail, once at a time.

Reaction Score_04

ចូលកែវយល់ដីឡើង
បូបខោដីពុម្ព

Reaction Score_04

Raise your index and little fingers.
Jiggle your knuckles back and forth.

Reaction Score_05

มองตา

พูดคำว่า “ขอบคุณ”

Reaction Score_05

Look into the eyes.

Say "thank you".

Reaction Score_06

ເກາຫລັງມືອ
ສະບັດຂ້ອມືອໄປບາ

Reaction Score_06

Wipe the back of your hand gently.
Move your wrist back and forth.

Reaction Score_07

นั่งกอดเข่า^ก
ใช้เล็บเก้า^กแคะเล็บเก้า^ก

Reaction Score_07

Hug your knees while sitting down.
Pick your toenails with your toenails.

Reaction Score_08

ยืดตัวตรง
เอียงคอไปทางด้านขวา
โยกศีรษะลง 3 ครั้ง

Reaction Score_08

Straighten your body up.
Turn your neck to the right side.
Swing your head down 3 times.

Reaction Score_09

ເອົ້ນແຕະຟັນຫຼາດ້ານສ່າງ
ກົມຫຼາລົງ
ໂຄັງຕັວ
ເສຍຫຼາຍ້ນ

Reaction Score_09

Put your tongue to the back of the front teeth.
Low your head downward.
Bend your body.
Look up.

Reaction Score_10

ขยายฝ่ามือกั้งสองข้างให้ตรง

เอี้ยวตัวไปทางด้านซ้าย

ยกมือกั้งสองข้างขึ้น

วางมือไว้ตรงบริเวณคิ้ว และสันจมูก

Reaction Score_10

Straighten your palms.

Lean to the left.

Raise both hands.

Place your hands on the brows and the bridge of your nose.

Reaction Score_11

ยกໄຫລສ້ານກັ້ນສອງຫ້າງ
ດັບຄວກອອກໄປຕ້ານຫ້າງ
ສະບັດຫັ້ອຄວກໄປມາ

Reaction Score_11

Raise both of your shoulders.
Extend your elbows to the sides.
Move your elbows back and forth.

Reaction Score_12

ยกหัวไหล่ขึ้น
ยกข้อศอกกั้งสองข้างออกไปด้านข้าง

Reaction Score_12

Lift your shoulders.
Raise both elbows to the sides.

Reaction Score_13

ກາງຂ້ວຄວກກັ້ງສອງຂ້າງວອກໄປດ້ານຂ້າງ
ເດີນໄປຂ້າງໜ້າ
ບັດເວັ້ນຫວາ

Reaction Score_13

Raise both elbows to the sides.
Proceed onward.
Twist your waist to the left and right.

Reaction Score_14

นั่งตัวตรง
เอ่าปลายนิ้วมือประสานกันไว้บนตัก
โยกคอไปมา

Reaction Score_14

Take a straight seat.
Put your fingers together and rest them in your lap.
Tilt your neck over left to right side.

Reaction Score_15

ຢັນກົ່ງແຂນກົ່ງສອງຫ້າງ

ຂັບໜ້າອົກໄປນາແບບໄຮກສກາງອຍ່າງຮວດເຮື້ວ

Reaction Score_15

Stand with both arms apart.

Make random movements with your chest rapidly.

Reaction Score_16

ยกหัวใจลุ่ยนพร้อมกั้ง||บนกั้งสองข้าง
สะบัดข้อศอก||และศีษะ||ไปมาอย่างรวดเร็ว

Reaction Score_16

Raise shoulders and lower both arms.

Give a rapid shake of your head and elbows.

Reaction Score_17

ໃຫ້ມືອຂວາຈັບຕຽບບີເວລີໄກປລາຮ້າຂວາ
ຍ່ອເຂົ້າຂວາລົງ
ເດັບໄປດ້ານහັນ

Reaction Score_17

Hold your collarbone with your right hand.
Bend your right knee.
Walk forward.

Reaction Score_18

ยกมือซ้ายขึ้นข้อศอกทำมุนจากข้างลำตัว
ข้อศอกทำมุนจากข้างลำตัว
กำมือพร้อมเบิดข้อมือขึ้น
โยกตัวไปมา

Reaction Score_18

Raise your left hand up.
keeping your elbow square at your side.
Twist your wrist while holding your fist.
Move your body back and forth.

Reaction Score_19

ยกมือช้ายื่น
ชี้นิ้วไปด้านหน้า
ขยับมือและข้อศอกไปมา
โยกตัวไปมา

Reaction Score_19

Lift your left hand.
Put your finger forward.
Move your elbow and hand back and forth.
Move your body back and forth.

Reaction Score_20

ყოფილი ბარათი
და მარცვა
მარცვა

Reaction Score_20

Lift your right hand's thumb tip.

Contact with your index finger's knuckle.

Keep your wrist shaking.

Reaction Score_21

ยกนิ้วโป้งขึ้น
ดันนิ้วข้ามໄ喙ส์

Reaction Score_21

Thumb up.
Slide a finger over your shoulder.

Reaction Score_22

កាំម៉ែខ្សោ
យកម៉ែខ្សានាប្រើប្រាស់បិន្ទោះ
॥កវាំងម៉ែខ្សានាប្រើប្រាស់បិន្ទោះ
យោត៉ែលេ

Reaction Score_22

Form your right hand a fist.
Bring the fist to the side of your chest.
Move your hand left and right in a swing motion.
Lower yourself.

Reaction Score_23

កាំម៉ែខ្សា
យកម៉ែខ្សាមានវិវាទនបនីវេនខាងក្រោម^{ខាងក្រោម}
॥កង់ម៉ែខ្សាបីបន្ទូរបង្កូនឈាយរាងរាងទីនៅ

Reaction Score_23

Form your right hand a fist.
Bring the fist to the side of your chest.
Move your hand in a circle motion Rapidly.

Reaction Score_24

កាំម៉ែខ្សា
យកម៉ែខ្សានាមាវិវត្សនបិវេនខាងកុង
॥កវ៉ាងម៉ែដើរុបការបាត
ខ្សាបខាក៉ាងសងខ្សាង

Reaction Score_24

Form your right hand a fist.
Bring the fist to the side of your chest.
Move your hand in a cross motion.
Move your both back and forth.

Reaction Score_25

||อ่นหน้าอก
กระดกก้น

Reaction Score_25

Raise your chest up.
Wriggle your butt.

Reaction Score_26

ແວ່ນຫນ້າວກ

Reaction Score_26

Raise your chest up.
Shake both wrists.

Reaction Score_27

ເລື່ອງຕັ້ງໄປດ້ານຂ້າງ
ເງຍັນນ້າຂຶ້ນ

Reaction Score_27

Tilt your body to the side.
Look up.

Reaction Score_28

ກາງເນັ້ນມື້ອກັ້ງສອງຂ້າງໃກ້ກວ້າງ
ປະກບປລາຍເນັ້ນໄປນາ

Reaction Score_28

Expand your both hands' fingers widely.
Put apart the tips of your fingers back and forth.

Reaction Score_29

ກາງແບບກັ້ງສອງຫ້າງ
ຮມບ້ອສອກໄປດ້ານເລັ້ງ

Reaction Score_29

Spread your both arms.
Rotate your elbows backwards.

Reaction Score_30

ยกมือช้ายขึ้น
ดันศอกไปด้านหน้า

Reaction Score_30

Lift your left hand up.
Push your elbow forward.

Reaction Score_31

ເອົາຝ້ານີ້ອປະສານກັນ
ວາງນັ້ວ່າໄວຕຽນຮັນຝຶປາກ
ຂຍັບຂ້ອນນັ້ວ່າປົມາ

Reaction Score_31

Place your hands together.
Press your index finger to your mouth.
Jiggle Your knuckles back and forth.

Reaction Score_32

ยกมือขึ้น
เอ่าฟ้าเมื่อว่างไว้ตรงกลางหน้าอก โดยไม่แตะ
สะบัดมือไปด้านข้างอย่างเร็วและแรง

Reaction Score_32

Raise your right palm.
Without touching,
Place your palms in the middle of your chest.
Flick your hand to the side with your speed and force.

Reaction Score_33

Reaction Score_33

Put up your left hand.
Turn your wrist around.
Touch your chin carefully by using your hand ridge.

Reaction Score_34

ກາງຂ້ອຄອກກັ້ງ2 ບ້າງ
ສະບັດຄອກໄປມາຍ່າງຮວດເຮົວ

Reaction Score_34

Widen your both elbows.
Swing your elbows back and forth quickly.

Reaction Score_35

ឯម៉ែខ្សាយ៉ា

បុលខោម៉ែ

បាំស៉ែនម៉ែ សុបត្រងបនិវេនកាង ខាង

Reaction Score_35

Put up your right hand.

Turn your wrist around.

Touch your chin carefully by using your hand ridge.

Reaction Score_36

ສອດນັ້ວກັ້ງສອງມືອເຂົາຫາກນ
ໃຫນັ້ວເບີບຂ້ອນັ້ວ
ສະບັດຂ້ອມືອໄປມາ

Reaction Score_36

Put your two hands's fingers together.
Squeeze your knuckles with your fingers.
Move your wrist back and forth.

Reaction Score_37

ກາງມື້ອຂວາແລ້ວເກົ່າງໄວ
ດັນມື້ອຂວາໄປໜ້າງໜ້າ

Reaction Score_37

Stretch and grip your right hand.
Move your right hand forward.

Reaction Score_38

ໂຍກເອວໄປກາງຂວາ
ຍກມື່ອກັ້ງສອງຫ້າງ
ກາງມື່ອອກ

Reaction Score_38

Move your waist to the right.
Raise both hands.
Spread your both hands.

Reaction Score_39

งอข้อมือกั้งสองข้างพร้อมกำมือหลวบๆ
ยกมือกั้งสองข้างไว้ในระดับที่ต่างกัน
ขยายข้อศอกกั้ง 2 ข้างเข้าออกจากลำตัว
โยกเอวไปมา

Reaction Score_39

Make a loose fist with both your wrists bent.
Lift each hand to a different height.
Swing your both elbows in and out the body.
Move your waist back and forth.

Reaction Score_40

ສັດນັ້ວດ້ວຍມື້ວຂວາແລ້ວຍກັ້ນ
ສັດນັ້ວໜ້າໆ ແຕ່ຍກໃກສູງຫັນກວ່າເດີນ

Reaction Score_40

Raise your right hand and snap your fingers.
Snap your fingers repeatedly
at the higher level.

Reaction Score_41

||ອົນສະໂພກໄປດ້ານຫຼັງ
ກັ່ງ||ຂນກັ້ງສອງຫ້າງ
ສະບັດສະໂພກໄປນາ

Reaction Score_41

Bend your hip backward.
Lay down your both arms.
Move your hip back and forth.

Reaction Score_42

ก้มตัวลง
การศอกกั้งสองข้าง
ให้ยืดฝ่ามือกั้งสองข้างให้ตรง
ยืดแขนกั้งสองข้าง
เดินไปข้างหน้า

Reaction Score_42

Bow down
Widen both of your elbows
Put both of your hands in a straight posture.
Stretch your both arms.
Move ahead.

Reaction Score_43

ยกฝ่ามือขึ้น
เกร็งข้อมือ^ก
ย่อขาข้างหนึ่ง
ยกฝ่ามือขึ้บลง

Reaction Score_43

Raise your hand.
Tense your wrist.
Bend one of your legs.
Raise the palm of your hand up and down.

Reaction Score_44

ເວັບຕັ້ງໄປດ້ານຫລັ້ງ
ຍກນູ້ອັກັ້ງ 2 ຂ້າງ
ຕະໂກນ ເສີຍັງ "ອ້າວ" ເປັນເສີຍັງສູງ

Reaction Score_44

Bend your back to the rear.
Raise up your hands.
Shouting "aw" in the high-pitched.

Reaction Score_45

ນັ້ງຍອງໆ
ຍກສັນເກົ້າຫັ້ນ
ໂດຍໄນມີໃກສັນເກົ້າແຕະພື້ນ

Reaction Score_45

Squat yourself down.
Raise your heels.
Balance yourself,
keep your heels off the ground.

Reaction Score_46

ធម៌ម៉ែខ័ណ្ឌកំងសង់ខ្មោង
ឯកសារសំគាល់
នៅក្នុងប្រព័ន្ធអាស់បាន
និងបានប្រើប្រាស់

Reaction Score_46

Raise your hands.
Bend your elbows.
Bend your chest.
Stretch yourself.

Reaction Score_47

ยืนทางขา
กำเมือกทั้งสองข้าง
ยืนเมือกทั้งสองข้างไปด้านหน้าเล็กน้อย
สะบัดเมือลงๆ

Reaction Score_47

Stand with your legs wide spread.
Raise both hands into a fist.
Extend both hands forward gently.
Shake your hands hard and firmly.

Reaction Score_48

ยืบกางขา
กำมือกั้งสองข้าง
ยืบมือกั้งสองข้างไปด้านหน้าเล็กน้อย
สะบัดมือลงๆ

Reaction Score_48

Gaze away.
Wrinkle your forehead.
Make a small bow with your head.

Reaction Score_49

ກຳນົດຫລວມໆງັ້ງສອງບ້າງ ຍກວັນເນື້ວໜ້ວ
ບັດເອວໄປນາ
||ກວ່ງ||ຂນໄປຕາມເອວ

Reaction Score_49

Keep both hands loose excluding the middle finger.
Turn your waist around.
Swing your arms along with your waist.

Reaction Score_50

ກຮະດີກເວວ
ກຮະດີກສອກກັ້ງ 2 ຂ້າງ

Reaction Score_50

Wiggle around your waist.
Move your elbows on both sides.

Reaction Score_51

ຍືບເມືອຂຶ້ນໄປຫ້າງໜ້າ
ຄ່ອຍໆ ສະບັດເມືອຂຶ້ນໄປຫ້າງບນ

Reaction Score_51

Raise your hands forward.
Lift your hands slowly upwards.

Reaction Score_52

ยกมือขวาขึ้น
สะบัดออกด้านข้าง

Reaction Score_52

Raise your right hand.
Shake it off to the side.

Reaction Score_53

ຢັບແລ້ນຫນ້າອັກຫັນ
ເງຍຫນ້າຫັນແລະຢັດຄອໄປດ້ານຫນ້າ
ນຳຫລັງມື່ອກັ້ງສອງຫ້າງພາດເວວ
ໂກ່ງກັນໄປດ້ານຫລັງ
ກັບຫາຍໃຈຫົວຄຽງ
ຄ່ອຍໆຫາຍໃຈເຂົາ

Reaction Score_53

Raise your chest while standing.
Lift your head up and stretch your neck forward.
Put both hands' backs on your waist.
Fold your rear end in an arc.
Stop breathing for a little while.
Inhale gradually.

Reaction Score_54

ຢັນກົ່ງແບນ

ກາງນັ້ນມູວ

ສະບັດຂອມໜູວກັ້ງສອງຂ້າງໄປນາຍ່າງຮວດເຮົວ

Reaction Score_54

Stand with your arms lowered.

Stretch fingers.

Flick your both wrists back and forth quickly.

Reaction Score_55

ปล'อย॥บนกั้งสองข้าง
॥กกว'ง॥บนไปมา
ย่อตัวลง
॥อ'nสะโพก॥และหน้าอก
ยกมือกั้งสองข้างไปด้านหน้า

Reaction Score_55

Release your arms.
your arms back and forth.
Squat down.
and your chest and hip.
use your hands forward.

Reaction Score_56

ກາງຝ່າມື້ອໜ້າຍໃຫ້ກວ່າງກ່ົດ
ແບບຝ່າມື້ອໃນແນວຕັ້ງ
ສະບັດມື້ອຂຶ້ນ

Reaction Score_56

Spread your left hand as widely as you can.
palm upwards.
Raise your hand back and forth in the air.

Reaction Score_57

ກາງຝ່າມືອມັ້ງ 2 ຂ້າງ
ຄູມືອກັ້ງສອງຂ້າງເປັນວົງກລມຈນຮູ້ສຶກອຸນ

Reaction Score_57

Spread out your two palms.
Circularly massage your palms until they are warm.

Reaction Score_58

ເດີບເຫຍາ:၅
ຍກໄຫລ່ກັ້ງສອງຫ້າງໄປນາ

Reaction Score_58

Jogging.
Lift your shoulders back and forth.

Reaction Score_59

ເວີຍຕັວໄປກາງຂວາເລັກນ້ອຍ
ແລ້ວເຫັນຕາມອິປັດນ້າງ

Reaction Score_59

Lean your body slightly to the right.
Glance your eyes to the side.

Reaction Score_60

ເວັບໄປກາງຂວາເລັກນ້ອຍ
ເຫຼືອບຕາມອົງໄປດ້ານຫ້າງ

Reaction Score_60

Tilt your body slightly to the right.
Casting a sidelong glance.

Reaction Score_61

ກາງນັ້ວມືອກັ້ງສອງບ້າງໃກກວ້າງໆ
ວາງນັ້ວສີໄວຕຽນບຣິເວນປາກ
ຂຍບນັ້ວມືອໄປນາ

Reaction Score_61

Widen your fingers on both hands.
Put your index finger over your mouth.
Move your fingers back and forth.

Reaction Score_62

ຢັດເນື້ອກັ້ງສອງຂ້າງຂຶ້ນແຫ້ວສົຮະ
ວາງຕັນແບບແບບຜົດຮູ
ຈັບເນື້ອກັ້ງສອງຂ້າງ
ລູບຂ້ອນເນື້ວໂປ້ງດ້ວຍເນື້ວນາງ

Reaction Score_62

Stretch both hands above your head.
Place your upper arms nearby your ears.
Hold both your hands.
Touch your thumb's knuckle with your ring finger.

Reaction Score_63

ยืดมือชี้กัน 2 ข้าง
ยกมือขึ้นไปด้านหน้า
ชี้นิ้วเข้าหากัน
ขยับมือไปมา

Reaction Score_63

Stretch both index fingers.
Raise your hands in in front of your body.
Point your fingers together.
Move your fingers back and forth.

Reaction Score_64

ວາງນັ້ວຍ
ສະບັດສີຮະໄປມາ

Reaction Score_64

Put your index finger and thumb
on the right of your head.
Shake your head back and forth.

Reaction Score_65

մօխվա॥Ճະ॥գն
ւաղնիւ՞կօյլա՞կ
յնճիկլե՞խա
կո՞նհա՞նգտա՞կո՞նխա
կո՞րե՞նի՞ու՞լո՞ւխա
սլա՞նհա՞նգլումա

Reaction Score_65

Place your right hand to touch your cheek.
Place your pinky finger over your mouth.
Point your right foot.
Put all of your body weight
on your left foot.
Press hard with your right thumb.
Alternate your weights.

Reaction Score_66

ชี้นิ้วกั้งสองข้างไปด้านหน้า
ยืนลำตัวตรง||อ่นหน้าอกเล็กน้อย
ขยับลำตัวไปมา

Reaction Score_66

Point both fingers forward.

Stand still
while your chest was slightly arched.

Shift your body back and forth.

Reaction Score_67

ກາງັ້ງໂປ່ງແລະັ້ວຊ້ເປີນບຸນຈາກກັ້ງສອງຫ້າງ
ຍກນູ່ອ້ຳບສູງດົງຮະດັບລຳຄວ
ເກົ່າງຫ້ອສວດແລະສະບັດໄປດ້ານຫ້າງສລັບຫ້າຍຂວາ
ຕະໂກນອອກເສຍງ “ເວ້ ເວ້”

Reaction Score_67

Spread your thumb and index finger
at a right angle on both sides.
Raise your hands to neck level.
Tighten your elbows and alternate left and right.
Shout out "Ae Ae"

Reaction Score_68

ໄພລ໌ມືອຂວາໄປດ້ານຫລັງ
ກາງມືອຂວາ
ພັບນັ້ວນາງລົງ
ຂຍັບນັ້ວນາງເຮົ້ວໆ

Reaction Score_68

Clasp your right hand behind your back.
Open your right hand.
Fold your ring finger down.
Move your ring finger quickly.

Reaction Score_69

ເລື່ອງຕັ້ງໄປດ້ານຂວາ
ພ້ອຍກໍເກົ້າຫ້າຍ
ກຳນົວຫ້າຍແນບໆ
ຍກມື່ອຂັ້ນອຍ່າງຮວດເຮົວ

Reaction Score_69

Lean your body to the right.
Point your left foot.
Tighten your left hand.
Raise your hand swiftly.

Reaction Score_70

ກຳມູວກັ້ງສອງຂ້າງຫລວມໆ
ຍກມູວຫົ່ນຕຽນບຣິເວນອກ
ດັບຄອກຫັນໄປດ້ານหน້າ

Reaction Score_70

Grasp both hands loosely
Raise your hand towards your chest.
Push your elbows up and forward.

Reaction Score_71

ດັບສອກຂວາໄປດ້ານຫລັງ
ເຂົ້າແຂນໄປນາ

Reaction Score_71

Push your right elbow backward.
Shake your arms back and forth.

Reaction Score_72

ย่อตัวลง
กางมือขวา
ดันแขนขวาไปด้านหน้า
ยกตัวขึ้น
ดันแขนขวาไปด้านหลัง
ย่อตัวลง
กางมือซ้าย
ดันแขนซ้ายไปด้านหน้า
ยกตัวขึ้น
ดันแขนขวาไปด้านหลัง

Reaction Score_72

Crouch your body down.
Spread the fingers of your right hand.
Push your right arm forward.
Lift yourself.
Push your right arm backward.
Crouch your body down.
Spread the fingers of your left hand.
Push your left arm forward.
Lift yourself.
Push your right left arm backward.

Reaction Score_73

ຮັງຍັງຝ່າມື່ອກັ້ງສອງຂ້າງ
ຍກຝ່າມື່ອຫັນບຣິວນອກ
ຍື່ນຝ່າມື່ອໄປດ້ານหน້າ

Reaction Score_73

Face up your both palms.
Lift your palms up to your chest.
Move your palm forward.

Reaction Score_74

ບັດເວວໄປກາງໜ້າຍ
ບັດເວວໄປກາງຂວາ
ຢັກນັ້ອກທັ້ງສອງໜ້າງໄປກາງໜ້າຍ
ຢັກນັ້ອກທັ້ງສອງໜ້າງໄປກາງຂວາ

Reaction Score_74

Twist your waist to the left.
Twist your waist to the right.
Raise your both hands to the left.
Raise your both hands to the right.

Reaction Score_75

ກາງມື້ວິ້ວກັ້ງສອງຫ້າງ
ກາງຄອກກັ້ງສອງຫ້າງ
ຍກແຂບສູງຂຶ້ນຮະດັບອົກ
ຂຍັບຄຣີເບະໄປນາ

Reaction Score_75

Spread the fingers of your both hands.
Spread your both elbows.
Lift your arms up to chest level.
Move your head back and forth.

Reaction Score_76

ເວຍງສຣັບເປົນາ
ກຣອກຕາເປົນາ
ໂຍກຕັວເປົນາ

Reaction Score_76

Tilt your head back and forth.
Roll your eyes.
Move your body back and forth.

Reaction Score_77

ຍ່ອດັວລັງ
ເອານືອຂວາສັບນ່ອງຂາຂວາ

Reaction Score_77

Squat down.
Chop the calf of your right leg
with your right hand.

Reaction Score_78

ყელა
და მარტო
მარტო და მარტო

Reaction Score_78

Raise your left hand's index finger.
Press your index finger near your ear.
Rub your ear's crest downward.

Reaction Score_79

ກາງແຂບຖັນກັ້ງສອງຫ້າງວອກໄປດ້ານຫ້າງ
ຫົວໝ່າມື່ອກັ້ງສອງຫ້າງ
ຂຍັບຄອກຫ້າຍແລະໄຫລ່ຂວາໄປນາ

Reaction Score_79

Spread your arms wide apart.
Circle your hands
Swing your right shoulder and your left elbow
back and forth.

Reaction Score_80

ກາງຄອກກັ້ງສອງບ້າງ
ໃກໝາມໝອຍໝູ່ຕຽນຮະດັບອກ
ສະບັດມືອໄປດ້ານหน້າ

Reaction Score_80

Spread your elbows.
Keep your palms at your chest height.
Put your hands out.

Reaction Score_81

ເອນຕັວໄປດ້ານຫສັງ
ຍົກຂາຂວາໄປດ້ານຫນ້າ
ຂຍັບຂາຂວາໄປນາອຍ່າງຮວດເຮົວ

Reaction Score_81

Lean yourself backward.
Raise your right leg forward.
Move your right leg back and forth quickly.

Reaction Score_82

ยกข้อศอกขวาน้ำหนักลงอก
เกร็งข้อมือ^๑
สะบัดมือไปมา

Reaction Score_82

Raise your right elbow
to the center of your chest.
Tighten your wrists.
Shake your hand back and forth.

Reaction Score_83

កាំម៉ែក៉ាងសងខាងអគ្គម។
បើគេវិភាគការងារ
ខ្យល់ខ្យល់ខ្យល់ខ្យល់
ខ្យល់ខ្យល់ខ្យល់ខ្យល់
ខ្យល់ខ្យល់ខ្យល់ខ្យល់
ខ្យល់ខ្យល់ខ្យល់ខ្យល់
ខ្យល់ខ្យល់ខ្យល់ខ្យល់

Reaction Score_83

Clench your both hands loosely.
Twist your waist to the right.
Move your waist and raise your hands.
Move your waist and lower your hands down.
Move your waist and raise your hands.
Move your waist and lower your hands down.
Move your waist and raise your hands.
Move your waist and lower your hands down.

Reaction Score_84

ເວົາປລາຍນັ້ນເນື້ອກັ້ງສອງຫັ້ງປະກົບກັນ
ຍກເນື້ອຫັນຮະດັບຄອ
ດຶງຝ່າມື່ອເຂົາຫາດັວ
ພລັກຝ່າມື່ອອອກຈາກຕັວ

Reaction Score_84

Bring the fingertips of your hand together.
Raise your hands to neck level.
Pull your palms towards you.
Push your palms out from your body.

Reaction Score_85

ຍືນຕັວຕຽງເກົ່າງ
ຂັບໜ້າກ້ອງໄປບາ

Reaction Score_85

Stand yourself straight
and tighten your stomach.

Move your stomach back and forth.

Reaction Score_86

ยกมือซ้ายขึ้น
ลูบแก้มซ้ายช้าๆ

ยกมือซ้ายขึ้น
ลูบแก้มซ้ายช้าๆ

ยกมือซ้ายขึ้น
ลูบแก้มซ้ายช้าๆ

Reaction Score_86

Raise your left hand,
Touch your left cheek gently.

Raise your left hand,
Touch your left cheek gently.

Raise your left hand,
Touch your left cheek gently.

Reaction Score_87

ຂ້າປາກກວ້າງໆ
ຂຍັບຂາກຮ້ອງຮ່າງໄປນາ

Reaction Score_87

Widen your mouth.
Move your lower jaw back and forth.

Reaction Score_88

ກາງຂາອອກກັ້ງສອງຫ້າງ
ຍ່ອເຂົາລົງເລື້ກນ້ອຍ
ປະກົບຝ້ານີ້ວິວກ່ຽວ
ແວ່ນສະໂພກ
ຂຍັບຕັວໄປນາ

Reaction Score_88

Spread your legs apart.
Bend your knees gently.
Put your palms together at the navel level.
Bend your hips.
Move your body back and forth.

Reaction Score_89

ເກົ່າງຂ່ອຍສອກກັ້ງສອງຂ້າງ
ໃຫຍ່າມືອໄຮງໆ

Reaction Score_89

Flex your elbows.
Shake your hands aggressively.

Reaction Score_90

ყოველი დროს
გადასაცემი
იზიდა გადასაცემი
გადასაცემი
იზიდა გადასაცემი
გადასაცემი
იზიდა გადასაცემი
გადასაცემი
იზიდა გადასაცემი

Reaction Score_90

Raise your hands over your head.

Spread your palms,
Use one of your hands to itch the other.

Spread your palms,
Use one of your hands to itch the other.

Spread your palms,
Use one of your hands to itch the other.

Spread your palms,
Use one of your hands to itch the other.

Reaction Score_91

ยืนตัวตรง
||挺胸凹背
เอนตัวไปด้านหลังพร้อมยกมือขึ้น

Reaction Score_91

Stand yourself straight.
Stretch your chest up.
Lean yourself back and lift your hands.

Reaction Score_92

ອ້າປາກກວ້າງ
ກັດຝັນໃໝ່ເກີດເສີຍຕາມຈັງຂະຂອງຕັ້ງເອງ

Reaction Score_92

Open your mouth widely.
Grind your teeth to produce your noises
at your own pace.

Reaction Score_93

ກາງຄອກກັ້ງສອງຫ້າງ
ວາງປລາຍນິ້ວໄວ້ຕຽນບຣິເວນຫລັ້ງຄວ
ລາກປລາຍນິ້ວໄປຢັງບຣິເວນຫລັ້ງສົຮະ

Reaction Score_93

Spread both elbows.
Place your fingertips to the back of your neck.
Drag your fingertips to the back of your head.

Reaction Score_94

ຂອບຂວາ

ດັນຄອກຂວານາດຳນ້ານຊ້າຍຈົບຮູ້ສຶກຕຶງແລະເກົ່າງ

Reaction Score_94

Bend your right elbow.

Move your right elbow to the left
until you feel tight and tough.

Reaction Score_95

ทรงตัวให้ตรง
ปล่อยแขน
ย่อตัวลง
ยกว่งแขนทั้งสองข้างไปมารอ卜ตัว
ยืดตัวขึ้น

Reaction Score_95

Keep yourself in balance.
Let go of your arms.
Crouch yourself down.
Swing your both arms around yourself.
Lift yourself up.

Reaction Score_96

ยืนตัวตรง
ยกสันเก้าขวา
ขยับข้อเท้าขวาออกไปด้านซ้าย

Reaction Score_96

Stand yourself up straight.
Lift your right heel.
Move your right ankle out to the side.

Reaction Score_97

ยกมือขึ้นสูงให้ลึก
กางนิ้วมือออก
ใช้ปลายนิ้วมาสครีบะของตัวเอง

Reaction Score_97

Raise your hands over your head.
Spread your fingers.
Use your fingers to scratch your head.

Reaction Score_98

កណ្ឌការមិនអាចប្រើបាយបានឱ្យការងារកែវកែវ
កណ្ឌការមិនអាចប្រើបាយបានឱ្យការងារកែវកែវ
កណ្ឌការមិនអាចប្រើបាយបានឱ្យការងារកែវកែវ

Reaction Score_98

Press on the muscle of your arm near the elbow.
Press until you feel the muscle.
Swing your wrist back and forth.

Reaction Score_99

ຢັນຍກສັນເກົາຕັ້ງຕຽນໃກ້ຕຽນ
ວາງມື່ອຂວາກັບມື່ອຊ້າຍແລ້ວກຳໄວ້
ໂນນັມຕັ້ງໄປດ້ານຫຼັກ
ກຽງຕັ້ງໄນ້ໃກ້ລັມ

Reaction Score_99

Stand with your heels up and straight.
Put your right hand over your left
Lean yourself forward.
Balance yourself and make sure that you don't fall.

Reaction Score_100

ກາງນັ້ວມື່ອກັ້ງສອງຫ້າງ
ປະກບຳມື່ອເຫົາຫາກັນ
ຮມູນປລາຍນັ້ວລົງພື້ນ
ສະບັດຫຼອມື່ອໄປນາ

Reaction Score_100

Spread the fingers of your hands.
Put your palms together.
Turn your fingertips to the floor.
Swing your wrist back and forth.

Reaction Score_101

ឃុំកណ្តុំ
អេតុលេសលីកនូយ
អើយកូវិកាងខ្តា
កំណុលេស

Reaction Score_101

Stand still with your arms crossed.
Fall your shoulders slightly.
Tilt your neck to the right.
Keep your head down.

Reaction Score_102

ยืดตัวตรง
เอียงคอไปทางขวา
เอียงคอไปทางซ้าย
เอียงคอไปทางขวา
เอียงคอไปทางซ้าย
เอียงคอไปทางขวา
เอียงคอไปทางซ้าย

Reaction Score_102

Straight yourself up
Tilt your neck to the right.
Tilt your neck to the left.
Tilt your neck to the right.
Tilt your neck to the left.
Tilt your neck to the right.
Tilt your neck to the left.

Reaction Score_103

ឈឹងកៅកៅងសង្គម
ការងារការងារ
កៅកៅង
កៅកៅងខ្លួនឯប្តា

Reaction Score_103

Move your feet on tiptoe.
Spread your legs
Release your arms.
Swing your arms back and forth.

Reaction Score_104

ยืนหลังค่อમក้มหน้าเล็กน้อย
เดินไปด้านหน้า
การศอกทั้งสองข้าง
ทั้งแขน

Reaction Score_104

Stand with your back hunched,
bow your head slightly.
Walked to the front.
Spread both elbows.
Leave your arms.

Reaction Score_105

Turn your palms up.

Lift your left hand and scratch your right palm.

Lift your right hand and scratch your left palm.

Turn your palms down.

Reaction Score_105

ຂງຍຳຝ່າມື່ອ

ยกฟ้าเมืองช้ายากฟ้าเมืองขวา

ยกฝ่ามือขวากำฟ่ามือซ้าย

គោរោម៉ែ

Reaction Score_106

ຢືນຕົວຕຽນດ້ວຍສັນເກົ້າກັ້ງສອງບ້າງ
ເດັນໄປດ້ານหน້າ
ເດັນກອຍເລັງ

Reaction Score_106

Stand up straight on the ridges of your feet.
Stand with both feet to your side.
Walk towards.
Walk backwards.

Reaction Score_107

ກາງຄອກຂວາ
ຍກຄອກໄປຕຽນບຣິວນຄອ
ເວີຍຄອແບບຫົວໄກລ່
ຖົ່ງແບນ

Reaction Score_107

Spread your right elbow.
Raise your elbow to your neck.
Tilt your neck to your shoulder.
Leave your arms.

Reaction Score_108

ເງຍຫັນຂັ້ນກຣອກຕາລົງຕໍ່າ
ກົມຫັນລົງກຣອກຕາຂັ້ນ
ເລືຍງຄວໄປກາງໜ້າຍກຣອກຕາໄປກາງຂວາ
ເລືຍງຄວໄປກາງຂວາກຣອກຕາໄປກາງໜ້າຍ

Reaction Score_108

Lift your head up,
roll your eyes down.
Lower your head down,
roll your eyes up.
Tilt your neck to the left,
roll your eyes to the right.
Tilt your head to the right,
roll your eyes to the left.

