

BRUSH KNEE

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Beginning stance:

You'll start out in ball position with your ball/weight on your right side.

Movement:

- Step forward with your left foot at a diagonal (your heel strikes first); keeping your weight over your hips
- Your left hand moves down and back (brushing your palm past your left knee)
- Press your right arm (top of the ball) forward (palm facing out)
- Swim your left arm up so that it forms the top of the ball; step your right foot in to meet the left
- Repeat the movement, but this time moving your actions and shifting your weight and ball back to the right side.



Notes: