

HOLD THE BALL



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Beginning stance:

Always start with the ball on your right, and with your weight on your right leg (flat foot). Your left foot will be resting next to your right, balancing on the front of your foot (heel up).

Forming the ball:

Starting on the right: Your right hand should be on top and the left hand should be underneath. The right hand should be no higher than your collar bone and the left hand should be at the height of your belly button.

Movement:

- Step with heel first
- Close step
- Transition arms and weight to the other side
- In our sequence of 8 forms, this is the only move that we do 3 times; starting and ending on the right side

Notes:

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