

# PART THE WILD HORSE'S MANE



## PART THE WILD HORSE'S MANE

### Beginning stance:

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

### Movement:

- Step with the left heel at a diagonal
- Keep your weight over your hips
- Move your left hand (palm towards your face) to the upper left while moving your right palm (facing away from you) downward to the right (stroking the mane).
- Your palms will pass each other
- Step your right foot up to meet the ball. Your weight and your ball should now be on your left side.
- Repeat the movement, but this time moving your actions and shifting your weight and ball back to the right side.

### Notes: