

REPULSE THE MONKEY



REPULSE THE MONKEY

Beginning stance:

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

Movement:

- Step back with your left foot, shifting the weight onto your left leg
- Press your right arm forward with the palm facing out (pushing the monkey away)
- The left hand reaches back to "call for help" (your gaze follows your hand)
- Step your right foot back to meet the ball
- Repeat the movement, but this time moving your actions and shifting your weight in the opposite direction

Notes: