

# FAIR LADY WORKS AT SHUTTLES



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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
- Bring your palms up in front of your face as if blocking it
- Turn your hands around (palms facing out) & make a triangle with your thumbs & forefinger - press the triangle forward
- Pull the triangle back and step your right foot in to meet the ball 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: