

WAVE HANDS LIKE CLOUDS



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Beginning stance:

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

Movement:

- Step to the left (directly to the side, still striking heel first)
- As you step, your left hand moves up (palm up, across your face) waving to the left; your right hand scoops down
- Step your right foot in toward the left foot; simultaneously wave your right hand (palm up, across your face); your left hand scoops down
- Step to the left again waving with your left hand and scooping with your right
- Bring your right foot in toward the left foot while waving with your right hand and scooping with the left
- Step to the left one final time being sure to stop your left hand at ball position; bring your right foot back in so that you're back to the ball position
- Repeat the series of movements, but this time moving to the right. You'll end back in ball position on the right side.
- As you get more advanced try to follow your waving hands with your gaze.

Notes: