Cloud Hands

1. Start in Hold the Ball on the right leg.
2. Turn the hips to the right, stepping out to the side with the left leg as you sweep the right hand down in an arc, passing the left hand at “3 o’clock.”
3. Shift all the way to the left as the left hand comes up 12 o’clock, right hand passing through 6 o’clock.
4. Turn to the left, stepping the right foot in, as the hands pass at 9 o’clock.
Cloud Hands (Continued)

5. Reverse the turn, facing front, shifting weight to the right.
6. Continue to shift to the right as the right hand comes to 12 o’clock, left hand to 6 o’clock.
7. Turn to the right, stepping the left foot out, as the hands pass at 3 o’clock.
8. Repeat steps 2-5 two more times, finishing in Hold the Ball on the left at the end of step 4.