

Repulse Monkey

1. Start in Hold the Ball on the right leg.
2. Reach the ball forward, 45 degrees to the right, and simultaneously step back at 45 degrees with your left leg, touching the toes first.
3. As you shift your weight back, let the left arm sweep down in an arc, until the palm faces up, simultaneously turning the right palm up.
4. Return to the Hold the Ball on the left side, by pulling the right foot in, pulling the left arm back to the left shoulder, and sweeping the right hand down to support the bottom of the ball.

