

# Brush Knee Twist Step

1. Start in Hold the Ball on the right leg.
2. Step diagonally forward with the left leg, “brushing” with the left arm.
3. As you shift forward onto the left leg, complete the brush, with the left palm pressing downward by your hip, and the right palm pressing out in front of the right shoulder.
4. Return to the Hold the Ball on the left side, by pulling the right foot in, sweeping the left arm up to the left shoulder, and bring the right hand down to support the bottom of the ball.

