

Fair Lady at the Shuttles

1. Start in Hold the Ball on the right leg.
2. Step diagonally forward with the left leg, arcing the left arm upward in a blocking motion.
3. As you shift forward onto the left leg, press the right palm forward at the height of the chest, under the left arm.
4. Return to the Hold the Ball on the left side, by pulling the right foot in, drawing the left arm back to the left shoulder, and bring the right hand down to support the bottom of the ball.

