

Double Wind to Ears

1. Start in "Hold the Ball" on the Right.
2. Bring both hands up, palms facing toward you as if you were reading a book.
3. Stepping backward with your left foot but keeping your weight forward on the front foot, bring both hands down to your hips and form fists.
4. Continue to stay weighted on your front foot and sweep your fists around in front of you as if you were boxing an opponent's ears.
5. Return to "Hold the Ball" on the Left side by withdrawing your left hand in to the left shoulder to form the top of the ball, and right hand down to support the bottom of the ball, while also shifting your weight back onto the left foot and bringing your right foot back to rest on the ball of the foot.

Sorry, no photos of this move yet.