

Brush Elbows

1. Start in "Hold the Ball" on the Right.
2. "Pre-load" to the right turning your torso to the right. At the same time, bring your right elbow down so that your left hand is cupping the elbow.
3. Step forward with your left foot. As you shift your weight forward, square up your hips to the front while letting your left hand sweep up your right forearm.
4. Facing front, bring you right hand down to cup your left elbow. Sink back, turning your torso to the right again while letting your right hand sweep up your left forearm.
5. Cup your right elbow with your left hand. Shift your weight forward and square your hips to the front again sweeping up your right forearm with your left hand.
6. Return to "Hold the Ball" on the Left side by bringing your left in to the left shoulder to form the top of the ball, right hand down to support the bottom of the ball and bringing your right foot up to rest on the ball of the foot.

Sorry, no photos of this move yet.