

Single Whip

1. Start in Hold the Ball on the right leg.
2. Form the “beak” with the right hand, extending the beak out slightly and stepping to 45 degrees with the left leg.
3. As you shift forward onto the left leg, sweep the left arm up your center line, then turn the palm out, pressing forward as you complete the shift, keeping the beak hand as still as possible.
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.

