

Part Wild Horse's Mane

1. Start in Hold the Ball on the right leg.
2. Step forward with the left foot at 45 degrees, pressing the right hand down toward the right hip, sweeping the left hand up toward the left shoulder.
3. Shift the weight forward to the left leg, finishing with the left palm facing up, right hand pressing down, maintaining the "parting" or splitting feeling between the arms.
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 folding the right hand underneath to support the bottom of the ball.

