

Right Scissors, Left Scissors

Please note that this move involves balancing on one foot. If you don't feel comfortable with your ability to balance, I urge you to practice this move using support (such as a counter or chair) or by using one of the adaptations listed below.

1. Start in "Hold the Ball" on the Right.
2. Step out to the side with your left foot. As you shift your weight to the left foot, let your left drop a little and your right arm drop about 2/3 down (as if you were about to grab a pole with a flag on the end of it).
3. With all your weight on your left foot, push down into the ground with that foot, allowing your right elbow and knee to rise up so that the arm and leg are bent at right angles. Bring the left hand facing out in front of the right elbow. Ideally, your right thigh and right forearm become parallel to the floor with your lower leg hanging straight down and your forearm pointing straight up.
4. Keeping all your weight down into your left foot, let your right leg drop so that your heel just rests on the floor. At the same time allow your right elbow to drop a little.
5. Come back to hold the ball but on the left side.

Adaptation 1 (moderate version)

In step 3, still sink into the ground with your left foot, however don't come all the way up. Instead, as your leg and arm start to briefly come up, move on to step 4 allowing your heel to come to rest on the floor after just a brief moment balanced on the single foot. As best possible, keep all your weight in your left foot.

Adaptation 2 (easiest version)

In step 3, still sink into the ground with your left foot, however move right on to step 4 bringing your right heel directly to the ground in front of you as if you are about to take a step. As best possible, keep all your weight in your left foot.

Tip: The most important part of this move is relaxing and sinking down into the ground with your rooted foot. Don't worry if other aspects of the move are not "perfect".

Sorry, no photos of this move yet.