

Cradle Kicks

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. As you step out to the side with your left foot, form a "cradle" out in front of your right shoulder by crossing your wrists with palms facing towards you. (You can imagine that you are cradling a baby in your arms.)
3. As you shift your weight to the left foot, shift the cradled arms to be in front of the left shoulder. Sink all your weight into the left foot.
4. With all your weight on your left foot, push down into the ground with that foot, allowing your right knee to rise up, with the lower leg hanging loosely down.
5. Continue to focus your weight down into the ground through your left foot. Extend and straighten your right leg towards the corner as a toe kick, while simultaneously unfolding and extending your arms so that the right arm extends towards the front right corner and the left arm extends in the opposite direction towards the back left corner.
6. Come back to hold the ball but on the left side.

Adaptation 1 (moderate version)

Perform step 4 as listed above. For step 5, as you extend your arms, extend your right toe down to the floor in the direction of the corner as if you are tapping the floor with your toe.

Adaptation 2 (easiest version)

In step 4, rather than lift the knee, extend your toe directly to the ground in the direction of the corner. In step 5 keep your toe on the ground as you extend your arms as described above.

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.