

3) “X-Men”

Keep the right hand on the left hip, lower your left hand to your right hip making an “X” with your arms. **Inhale**. Circle your right foot into “**No-“T”-no 8**”. **Now start to exhale**. At the same time bring up the “X” in your arms up directly in front of your face and over your head. Open both arms making 2-1/2 circles away from your body until both hands are under both breasts/chest, and push both hands foreword. Keeping 95% of your weight on your left leg. At the end of this move shift your weight onto our right foot.

4) “Pirouette to the left”

Inhale on the first ¼ while raising our hands above your head, Exhale as you turn 180° to the left. Now you are facing 180o from our original position. Lower your hands and continue to exhale keeping 95% of your weight on right foot.

Do this move in all four directions. South, North, East, and West.

6 moves

1-foot movement