

Video 4: The eight (cloud hands from Tai Chi)

This is a continuation of video 2: the feet are facing outwards as in 1 and 2.

You hold the ball between your hands, for example, so that your right hand is down.

Then move your body (like V 2) to the right so that 70% of your weight is on your right foot and you lead the ball to the right. **Now** release the lower right hand from below, it makes a wide arc outwards - up - back to the middle. In the middle the right hand is now the upper hand on the ball. Then you move your body to the left etc.

If you have practiced for a long time, you can try the + variation and turn your feet.