

Video 3 turning the ball with hands (I)

(a) Put your hands in front of you as if you have a ball between your hands.

First you just turn the ball, so that the right and left hand is up alternately.

(b) Now you start to point your feet outwards again like in video 1a and slowly change your weight from right to left and back. Whenever you are on one side with your weight, you turn the ball so that another hand is always on top.

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