

1
Hold the
ball
move the
chest



Chest to
the front



Chest
back
drops the
head



Forwards



and
Backwards



2
As we come
forwards we
turn the palms



Open
pull the
belly in
drops the
elbows



Pull chest in rounds out the arms



Slowly turn
the palms
forward



Chest & only the
chest drops and
pushes forward



& that opens the
arms and then
push the belly



Belly in,
chest in



Turn the
palms



Chest out
Belly out



3
Drop down
Chest goes
forward



As stand pull
chest
backwards
push pelvis
forward



Chest goes
forward
pelvis goes
back



Chest comes
back



Pelvis goes
forward



4
To get into
next one -
same thing



except backs
of hands
together



& belly out
chest out



& belly in
chest in



elbows in



Open



Then
Close



5
Open



To the side



To the front
fists down



To the
solar plexus
then up



Open to the
other side



Down again



&
To the side



6
Drop R arm



weight to Left
foot to turn to
the Right



Return
shifting
weight to
Right foot



to bend Left



7
unbend for
Tea Cups



Lean forward as
the L flat hand
with teacup
goes back
under arm pit



Lean to the
side



Hand goes
forward
Lean back



Lean back
Bring the L hand
over head
extending R arm



Continue around.
Swap the teacup
to other hand - arms in
front



teacup under
R armpit



Extend arm
out and back



Lean
sideways
swing arm
round



Arm comes
forward



Round...
in front



Lean back



and around
to front



8
Last one



Back -
pushing
chest out



Over the
head
Stretch
Keep that
stretch



Keep a
straight
back all the
way
down to the
feet



Push the
hands



Rise Up



Down the
back
Don't have
to touch



Pretend your pushing everything back down the backs
of your legs



Round

and

up

in front

That's it.

