

Through Legs: This combines curls, transfers and body moves and has many variations.

Try curling the ball behind you, carrying it down between your legs and transferring it to your other hand under your crotch. Now, carry the ball up and to “home” position [Fig. 34 Really].

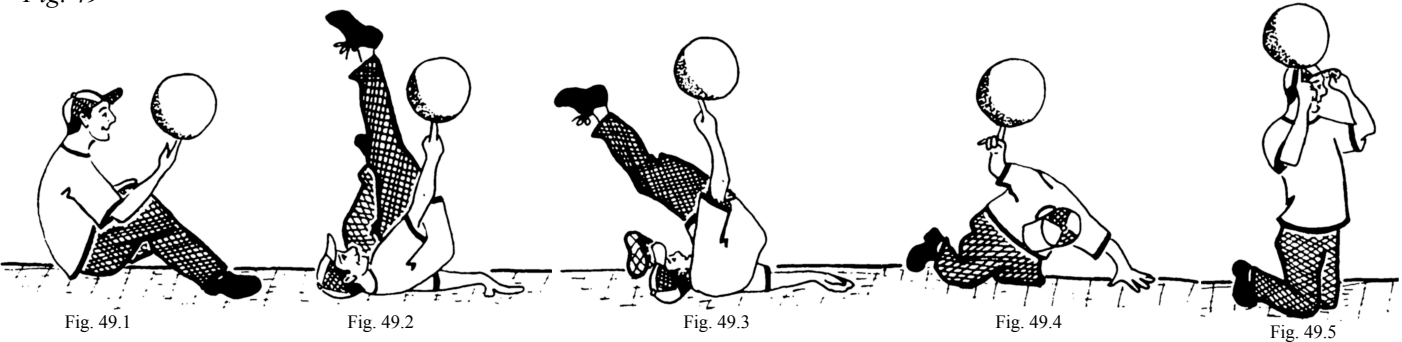
Try similar moves starting from in front and from behind. Use reverse curl starts and standard starts. **Experiment and play!**

It’s nice to make the ball travel a “figure-8” around both of your legs, but that’s quite a challenge as it requires such a long spin duration.

Lying Down Transfer Thru Legs: Spin and then lie down or start your spin while sitting. Lift a leg and transfer behind one calf then the other. You can make a nice figure-8 around your up-raised legs [Fig. 48]. Beats regular crunches.

Backward Roll: Keep a good strong spin going while doing a backwards shoulder roll over the shoulder that isn’t supporting a spinning ball. Practice first by just trying to point at the sky with your empty ball-spinning hand throughout the roll.

Fig. 49



I first sit with my legs out and with my left hand on the ground beside my left thigh [Figs 49.1-2].

I then roll backward onto my left shoulder by bringing my legs up and over that shoulder while pushing my left hand downward against the floor to slowly push myself over the rest of the way [Fig. 49.3]. The prettiest moment is Fig. 49.2. Pause here for applause then roll out.

I curl my body as I roll so that I end up on my knees [Fig. 49.4].

Finally, I stand again [Fig. 49.5]. Woah, headrush!

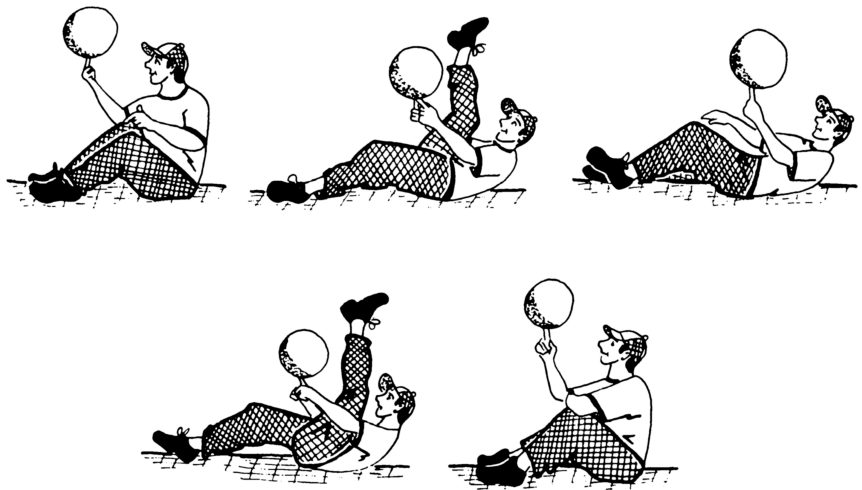


Fig. 48 Just a hand to hand transfer around your legs.

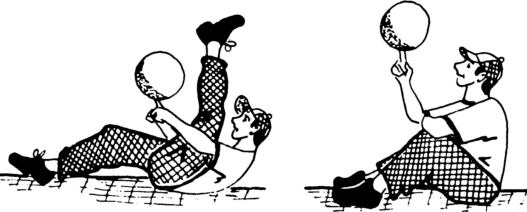


Fig. 49.1 and Fig. 49.2

Fig. 49.3 and Fig. 49.4

Fig. 49.5

Fig. 49.6

Fig. 49.7

Fig. 49.8

Fig. 49.9

Fig. 49.10

Fig. 49.11

Fig. 49.12

Fig. 49.13

Fig. 49.14

Fig. 49.15

Fig. 49.16

Fig. 49.17

Fig. 49.18

Fig. 49.19

Fig. 49.20

Fig. 49.21

Fig. 49.22

Fig. 49.23

Fig. 49.24

Fig. 49.25

Fig. 49.26

Fig. 49.27

Fig. 49.28

Fig. 49.29

Fig. 49.30

Fig. 49.31

Fig. 49.32

Fig. 49.33

Fig. 49.34

Fig. 49.35

Fig. 49.36

Fig. 49.37

Fig. 49.38

Fig. 49.39

Fig. 49.40

Fig. 49.41

Fig. 49.42

Fig. 49.43

Fig. 49.44

Fig. 49.45

Fig. 49.46

Fig. 49.47

Fig. 49.48

Fig. 49.49

Fig. 49.50

Fig. 49.51

Fig. 49.52

Fig. 49.53

Fig. 49.54

Fig. 49.55

Fig. 49.56

Fig. 49.57

Fig. 49.58

Fig. 49.59

Fig. 49.60

Fig. 49.61

Fig. 49.62

Fig. 49.63

Fig. 49.64

Fig. 49.65

Fig. 49.66

Fig. 49.67

Fig. 49.68

Fig. 49.69

Fig. 49.70

Fig. 49.71

Fig. 49.72

Fig. 49.73

Fig. 49.74

Fig. 49.75

Fig. 49.76

Fig. 49.77

Fig. 49.78

Fig. 49.79

Fig. 49.80

Fig. 49.81

Fig. 49.82

Fig. 49.83

Fig. 49.84

Fig. 49.85

Fig. 49.86

Fig. 49.87

Fig. 49.88

Fig. 49.89

Fig. 49.90

Fig. 49.91

Fig. 49.92

Fig. 49.93

Fig. 49.94

Fig. 49.95

Fig. 49.96

Fig. 49.97

Fig. 49.98

Fig. 49.99

Fig. 49.100

Fig. 49.101

Fig. 49.102

Fig. 49.103

Fig. 49.104

Fig. 49.105

Fig. 49.106

Fig. 49.107

Fig. 49.108

Fig. 49.109

Fig. 49.110

Fig. 49.111

Fig. 49.112

Fig. 49.113

Fig. 49.114

Fig. 49.115

Fig. 49.116

Fig. 49.117

Fig. 49.118

Fig. 49.119

Fig. 49.120

Fig. 49.121

Fig. 49.122

Fig. 49.123

Fig. 49.124

Fig. 49.125

Fig. 49.126

Fig. 49.127

Fig. 49.128

Fig. 49.129

Fig. 49.130

Fig. 49.131

Fig. 49.132

Fig. 49.133

Fig. 49.134

Fig. 49.135

Fig. 49.136

Fig. 49.137

Fig. 49.138

Fig. 49.139

Fig. 49.140

Fig. 49.141

Fig. 49.142

Fig. 49.143

Fig. 49.144

Fig. 49.145

Fig. 49.146

Fig. 49.147

Fig. 49.148

Fig. 49.149

Fig. 49.150

Fig. 49.151

Fig. 49.152

Fig. 49.153

Fig. 49.154

Fig. 49.155

Fig. 49.156

Fig. 49.157

Fig. 49.158

Fig. 49.159

Fig. 49.160

Fig. 49.161

Fig. 49.162

Fig. 49.163

Fig. 49.164

Fig. 49.165

Fig. 49.166

Fig. 49.167

Fig. 49.168

Fig. 49.169

Fig. 49.170

Fig. 49.171

Fig. 49.172

Fig. 49.173

Fig. 49.174

Fig. 49.175

Fig. 49.176

Fig. 49.177

Fig. 49.178

Fig. 49.179

Fig. 49.180

Fig. 49.181

Fig. 49.182

Fig. 49.183

Fig. 49.184

Fig. 49.185

Fig. 49.186

Fig. 49.187

Fig. 49.188

Fig. 49.189

Fig. 49.190

Fig. 49.191

Fig. 49.192

Fig. 49.193

Fig. 49.194

Fig. 49.195

Fig. 49.196

Fig. 49.197

Fig. 49.198

Fig. 49.199

Fig. 49.200

Fig. 49.201

Fig. 49.202

Fig. 49.203

Fig. 49.204

Fig. 49.205

Fig. 49.206

Fig. 49.207

Fig. 49.208

Fig. 49.209

Fig. 49.210

Fig. 49.211

Fig. 49.212

Fig. 49.213

Fig. 49.214

Fig. 49.215

Fig. 49.216

Fig. 49.217

Fig. 49.218

Fig. 49.219

Fig. 49.220

Fig. 49.221

Fig. 49.222

Fig. 49.223

Fig. 49.224

Fig. 49.225

Fig. 49.226

Fig. 49.227

Fig. 49.228

Fig. 49.229

Fig. 49.230

Fig. 49.231

Fig. 49.232

Fig. 49.233

Fig. 49.234

Fig. 49.235

Fig. 49.236

Fig. 49.237

Fig. 49.238

Fig. 49.239

Fig. 49.240

Fig. 49.241

Fig. 49.242

Fig. 49.243