CLASS 1 Soft Movement: Circular & Continuous -- artists continuous line

Just like my Breath, my Movement is continuous, Smooth, Even and comfortable. Natural, and feels good.

**OPEN / CLOSE/ Cross Hands**

Figure 8 hips – Neutral, then expand stance wider

LOOSE – Shift Weight / Arms Swing

**Swing arms, using body**

**Circles** – Neutral, Big Small, Fast Slow

(Cloud Hands)

///FOOTWORK/// side-stepping. Lateral, then cross overs

**“Bow stance”** – step back shift weight

Washing the Sky

**FLOW**

Open

Side-step 1(L) , Cloud (L) x3

Side-step 2 (R), Cloud (R) x3

1(L), Cloud (L) x3

Cross hands / Close

**Practice**

 Cloud Hands /Artist’s Continuous Line