

Cross Pattern

Head turned towards hand.
Eyes focused on hand.

Hand flat next to face. Thumb points towards mouth.



Spine is straight. Body is aligned in straight line from top of the head down to the foot of the straight leg.

Hip and knee of bent leg are bent at right angles.

Hip and knee in a straight line directly down from the body.

Notice feet point same direction.

Head turning to the other side initiates the whole movement.

Hand brushes the floor as it moves down. Hand ends up palm facing up on the back of the newly bent leg.



Lower hand sweeps around to land thumb pointing at the face. Hand doesn't touch the floor.

Ankles touch directly down from the body, then the other leg bends up.

Bent leg straightens, extending directly down to meet ankle with the straight leg.

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Remember, feet point same direction.

To Switch Sides:

- **HEAD** always **STARTS** the whole movement, by beginning to turn towards the other side.
- **Nose** brushes just above the ground as the head turns.
- **Immediately** followed by the **arms/legs** switching, ankles meet at the bottom.
- **Hand** that is up by the face moves straight down along the floor, brushing down, next to the body, ending palm face up, resting on the bent leg.
- **The other arm** swings up & around, without touching the ground, and the palm ends up flat next to the turned head, now facing it.

Your assignment: