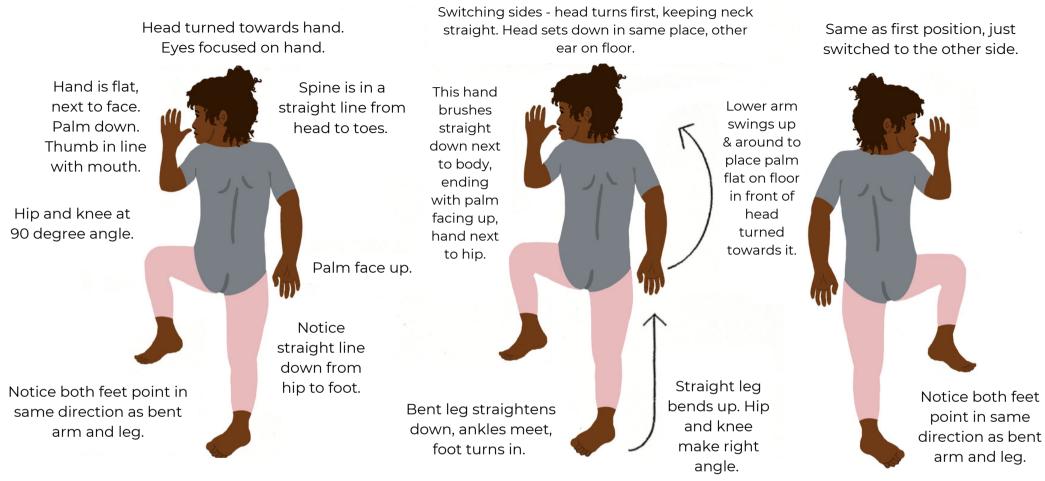
Homolateral Self Pattern



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, next to the body.
- 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:

