

Weight kept high

Keep back straight (no bending over at waist)

Ride on outside of foot as you transition from heel to toe



Weight kept high

Sit back to counter-balance the weight

Keep knees tight



Head and chest up on release

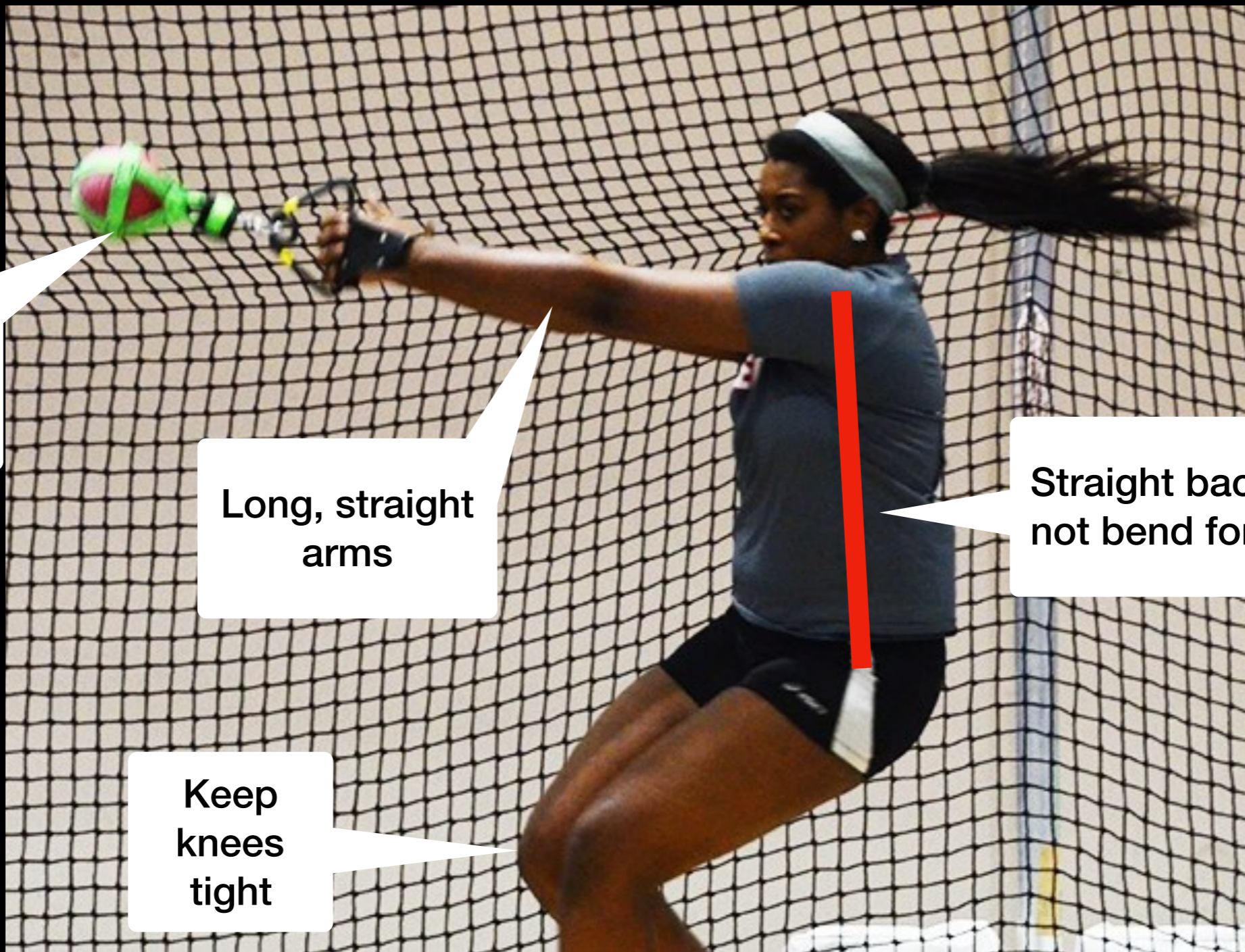
Straight Left leg block



Weight kept high

Arms long and centered on chest

Sit back to counter-balance the weight

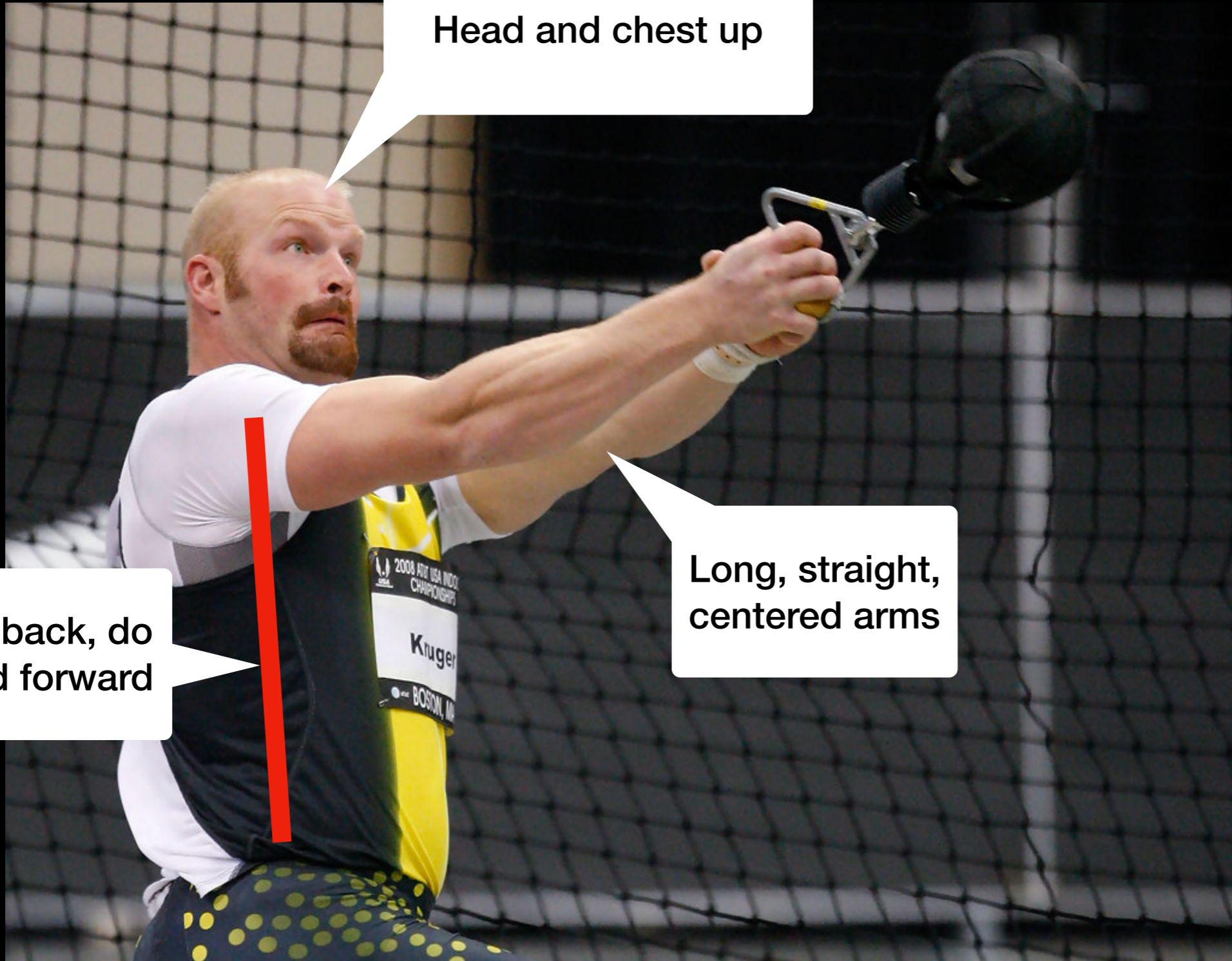


Weight kept high

Long, straight arms

Straight back, do not bend forward

Keep knees tight



Head and chest up

Long, straight, centered arms

Straight back, do not bend forward



Sit back to counter-balance the weight

Toe points to front at beginning of turn