

4. Clock Moves

Step one foot out and return at random to different clock positions from 9 o'clock to 12 o'clock using your left foot and 12 o'clock to 3 o'clock using your right foot.

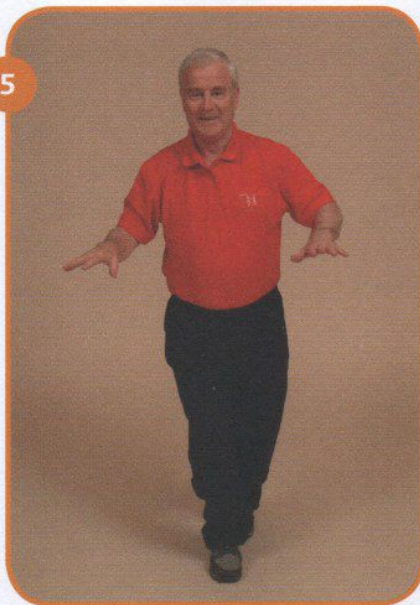
Remember to:

- turn your hip so that the foot points at the time,
- shift your weight out to the position and bend your knee to take the weight

Now add in

- step and return backwards to the 6 o'clock position,
- pivoting on one foot and step and return to the 4, 5, 7 and 8 o'clock positions.

Step at random to different o'clocks 12 to 15 times. Take a breather. Repeat this 3 times, taking a breather between sessions.



5. Tightrope Walking

Slowly step forward and place your heel-to-toe (as if you are on a tightrope). Slowly shift your weight forward onto the front foot, before slowly moving your back foot forward and placing it heel-to-toe.

Repeat for 10 to 12 steps - saying 'move', 'place' and 'shift'.

Then try stepping backwards (slowly and carefully), each time placing the foot toe-to-heel.