

Swing with Overlapping Action B

Steps

Follow the spacing below from left to right, then do it from right to left. Notice the speeding up and slowing down spacing. Notice too that the “rope” starts speeding up when the “swinger” is still slowing down. The poses are important. The forward pose has the back arched, and the backward swing has the feet pointing up and the body folded. One straight body is provided for the inbetween.

This is a fun way to imitate how gravity and momentum works in real life. Experiment with different spacing when you get the “hang” of it.

