

Metadata: [https://www.youtube.com/watch?v=w\\_0fqd8aQco](https://www.youtube.com/watch?v=w_0fqd8aQco)

Shrimping is the next step. Once you have a handle on the bridge, up. Now I need to move my hips out to the right. Notice that I don't have any friction in this area. I'm pivoting on my shoulder as I push with my hands and drive with my leg. I come back into position, this leg is already cocked, so that I can lift, drive, pivot on that shoulder and move my hips. One more time, come back to center position, lift and push with my leg as my hips slide to the right and I end up in center position.