

Metadata: <https://www.youtube.com/watch?v=OkaouWDfI3Q>

Rotating, rotating. There's your heel. Beautiful, beautiful. It's like Roger would be ready for him to spin out of bounds. Beautiful, Gary St. Leger. Beautiful. Let's see it, Gordon Ryan. Good, there's your foot. Step in one, step in two. Foot, step in one, step in two. Beautiful, beautiful. Over grip, two hands on, positive gripping. Good, good. I want to see tension running through his jacket. Beautiful. Now, step, push, all in one motion. Step, push, heel. Good. First step. There's only so much other people can offer you advice. At some point, it's you performing the moves. And the more you've developed good workable habits that point you in the direction of victory, the less you're going to need other people to get out there and get the results you want. Box, step, down. Beautiful. That's an alternative way to do it. Beautiful.