



DESCRIPTION

Jugglers Nick and Dave are ready to amaze you again. This time they're going to show you how to do some cool body juggling tricks. Watch as they show their pal Pilar how to bounce bean bags off her elbows and knees, and use her hat as a landing pad!

MATERIALS

- 3 bean bags
- 3 bounce balls

DIRECTIONS

1. The first thing we're going to use is the knee. So grab 3 bean bags and start a simple juggling pattern. Let one of the balls drop down and use your knee to bounce it back into the mix.
2. Now we'll show you how to elbow bounce and the inner elbow bounce.
3. What we've just shown you are some body bounce moves but you can also use still moves in juggling.
4. Next let's try a pausing on our head.
5. Try using the back of your hand for pausing.
6. Next we have a fun trick called the Eskimo where you hold a bean bag under your arm.
7. The last thing we're going to show you is an advanced move where you can either bounce or pause a bean bag on your foot.