

T-Push Keys:

- Whichever foot you push with, stop with opposite foot
- Set feet at each spot.
- Lead with eyes

Progression #1

- Description
- Start on post
 - T-push to top of crease
 - T-push to other post
 - Repeat

Progression #2

- Start on post
- Push to top of crease on the same side
- T-push across the crease
- Push back to other post
- Repeat in opposite direction

Progression #3

- Start on post
- Push to top of crease on same side
- T-Push diagonally back to other post
- Push to top of crease on same side
- T-push diagonally back to post where you started
- Repeat

Progression #4

- Start on post
- T-push diagonally across to top of opposite side of crease
- T-push across crease
- Push back to post on same side
- Shuffle to other post
- Repeat in opposite direction