

Slow Figure 8s

This is a marvelous exercise in combining cracks, since the cracks flow smoothly into each other.

Essentially, Slow Figure 8s are two Circus Cracks — a regular Circus Crack and a Reverse Circus Crack.

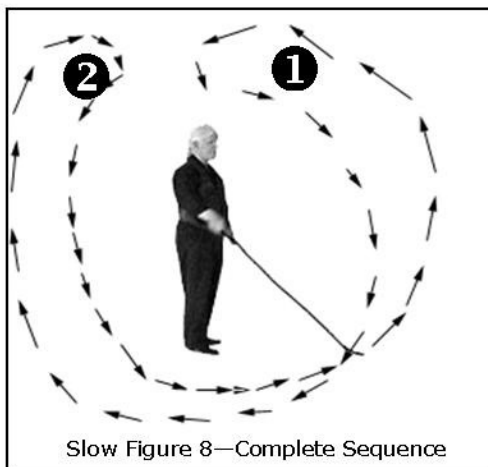
Start with a forward Circus Crack (FIG. 1). Swing the whip up into the air over your head. Feel the tug of the cracker.

While the whip is traveling backward over your shoulder, push the whip forward under the backward path. Your hand should make a little circle in front of you, like the drive arm of a train.

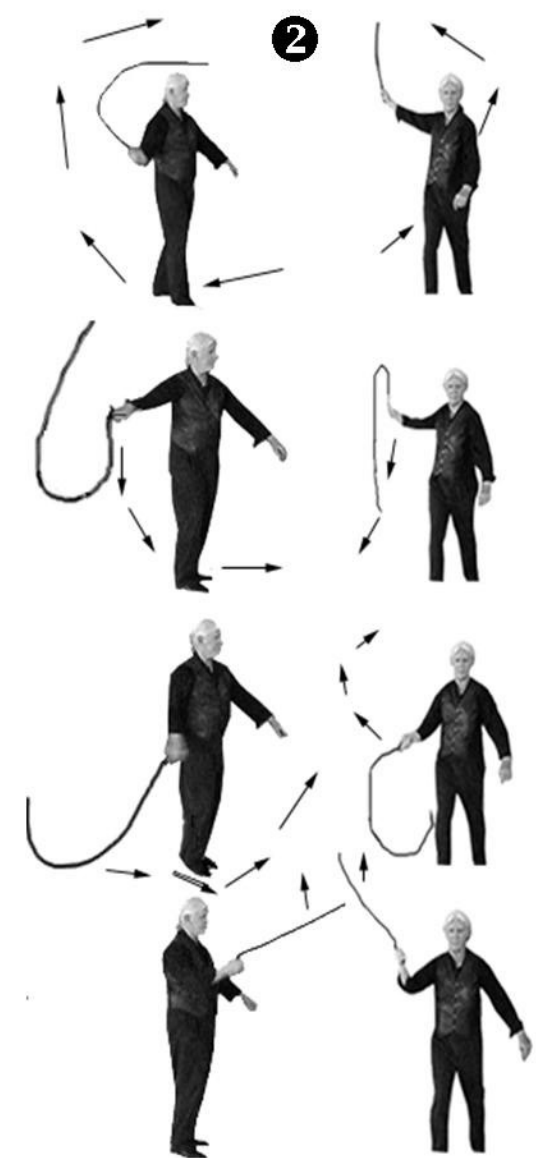
The whip will form an S-shape as it catches up with itself. The loop will roll forward.

Aim and squeeze. You can tell the whip where to crack.

Follow through with the whip along the same line, swinging it behind you into the air so the cracker is now traveling forward from behind you over your head, your arm extended behind you. (FIG. 2)



"The Whip Wants to Follow the Handle."
 You can encourage the whip to flow along a straight line by keeping the handle parallel to your body, forward and backward.



In the Reverse Circus Crack, swing whip upward behind you, extending your arm to keep whip on a straight line.

Keep elbow in to side. The forward part of the crack is like flipping a Frisbee underhand. The whip cracks as it rises, and this rising arc can be the start of a new Slow Figure 8.