

KNEE-CROOKING

Meaning: KNEE-CROOKING: The act of bending or flexing the knee, often used in physical activities or exercises to improve movement or flexibility.

1. The athlete's knee-crooking motion during the jump gave him an extra lift.
2. In yoga class, we practiced knee-crooking poses to enhance our flexibility.
3. She noticed his knee-crooking while he was dancing, adding an elegant flair to his movements.
4. The coach emphasized the importance of knee-crooking for better balance and stability in the sport.
5. Knee-crooking is often seen in traditional dances, showcasing the rhythm and grace of the performers.

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