



# STEP 12


## 19 Step Chen Style Taiji


NAME	CHINESE NAME	
Cloud Hands	Yún shōu	雲手


### STEP 12 (7 moves)


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1. Right palm pushes to right side. Left hand drops to dantien, palm face up. Left foot steps to the side. Weight stays on right leg.


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2. Left hand comes up towards right and the pushes over to left. Right hand circles down to dantien. As hands are moving, weight changes to left leg and right foot steps up next to left. Left palm is face away to the side, right palm is face up. Weight is on left leg.

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3. Right hand comes up towards left and the pushes over to right. Left hand circles down to dantien. As hands are moving, weight changes to right leg and left foot steps to the side. Right palm is face away to the side, left palm is face up. Weight is on right leg.

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4. Left hand comes up towards right and the pushes over to left. Right hand circles down to dantien. As hands are moving, weight changes to left leg and right foot steps up next to left. Left palm is face away to the side, right palm is face up. Weight is on left leg.

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5. Right hand comes up towards left and the pushes over to right. Left hand circles down to dantien. As hands are moving, weight changes to right leg and left foot steps to the side. Right palm is face away to the side, left palm is face up. Weight is on right leg.

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6. Left hand comes up towards right and the pushes over to left. Right hand circles down to dantien. As hands are moving, weight changes to left leg and right foot steps up next to left. Left palm is face away to the side, right palm is face up. Weight is on left leg.

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7. Right hand comes up towards left and the pushes over to right. Left hand circles down to dantien. As hands are moving, weight changes to right leg and left foot steps to the side. Right palm is face away to the side, left palm is face up. Weight is on right leg.