

# STEP 13

## 19 Step Chen Style Taiji

NAME	CHINESE NAME	
High pat on horse	Gaō tàn mǎ	高探马

### STEP 13 (4 moves)



1. Left hand, reaches up and over to right side, palm down. Right hand turns palm up. Weight stays on right leg.



2. Turn body to left. Raise left toes to help you turn. Arms follow with body. Left hand is at face level, thumb facing body. Right hand is roughly in line with ear, thumb facing ear. Left toes up, heel on ground. Weight is in right leg.



3. Turn waist to left, which turns left toes. Place left foot down and move your weight into left leg. Right foot steps up and walks past left foot. Bring your weight into the right foot and step left foot up next to it. As you are stepping, left hand drops below chest, palm face up. Right elbow comes down to rest on left palm. Right palm faces to left side. Weight is on right leg. Left heel is off the ground.



4. Separate hands. Right hand pushes to right side. Left elbow pushes to left side. Look towards right hand.