

STEP 15

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Left side kick	Zúo dēng yī gēng	左蹬腿

STEP 15 (3 moves)

1. Turn waist to the right. Right foot lowers to place heel on the ground. Both hands circle down and cross in front of body. Both palms are facing you. Right arm is nearest. Weight is on the left leg.



2. Turn body to the right, which turns right foot. Place all your weight into the right foot. Step the left leg up next to the right, ready to kick. Turn forearms to turn palms face away.



3. Left leg kicks to the side as both arms separate to the sides at shoulder level. Palms face away. After the kick bring left foot down to rest beside right. Arms stay where they are.



END OF SECTION THREE