

STEP 8

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Step back and circle arm	Dào jiūān hóng	倒卷肱

STEP 8 (9 moves)



1. Right hand circles down, back and up to the ear. Left hand turns palm up.



2. Left foot steps back. Transfer weight back to left leg as left hand pushes down to hip and right hand pushes forward.



3. Left hand circles back and up to ear. Right hand turns palm up.



4. Right foot steps back. Transfer weight back to right leg as right hand pushes down to hip and left hand pushes forward.



5. Right hand circles back and up to ear. Left hand turns palm up.



6. Left foot steps back. Transfer weight back to left leg as left hand pushes down to hip and right hand pushes forward.



7. Left hand circles back and up to ear. Right hand turns palm up.



8. Right foot steps back. Transfer weight back to right leg as right hand pushes down to hip and left hand pushes forward.

9. Right hand circles back and up to ear. Left hand turns palm up.

