

STEP 9

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Turn back and completely around	Shân tǒng bèi	閃 通 背

STEP 9 (3 moves)

1. Left foot steps back and right shoulder drops forward as your right hand chops down. At the same time your left hand comes back to rest behind your back. (Back of left hand facing your back)



2. Put more weight into left leg and raise right toes. Turn waist to right, which turns right toes. At the same time right hand comes up to face height (Back of hand towards face). Place all your weight in right foot as you step left foot up and out to the side. Left hand comes around to your side at waist level. Both palms should be facing forward. Weight is on right leg.



3. Transfer weight into left leg. Lift right foot up and next to left leg. Turn your waist as much as is comfortable around to the right and step your right foot down behind you. Continue turning your waist around to straighten up as your right hand comes down to waist level, palm up. Weight is on your right leg. Left hand is palm up.

