



MAI 8 POSTURE

1. Opening

Step out to hip width, Raise both hands

2. Hand Strums Lute

Shift left, Left hand to Right Elbow, Step out Right foot

3. Sun-Style Push

Shift forward, Push, Half step follow step

4. Fan Through Back

Step out and back, Open above head

5. Separating Heel Kick

Catch Dodgeball, Shift forward 2", Lift, Open hands, Kick

6. Strike Ears With Fists

Lower foot, Shift forward, Strike

7. Golden Rooster

Open Left Hand, Grab Hand Rail, Shift forward, Lift knee

8. Brush Knee Twisting Step

Step Down, Right Palm up, Hands Change, Shift Forward, Push out

9. Conclusion

Sit back arms level, Turn to front, Lower arms, Close feet