



MAI 12 POSTURE

1. Opening

Step out to hip width, Raise both hands

2. Brush Knee (x2)

Shift right, left hand up, brush knee, sit back, turn foot, turn bottom palm

3. Part Wild Horse Mane (x2)

Sit back, arms level, v feet turn, hold ball (turn ships wheel)

4. Single Whip

Continue turning (35degrees), make hook, step to front

5. Separating Heel Kick (R, L)

Kick, point, withdraw, kick, point, step slightly out to left

6. Cloud Hands (x3) to Right

Cloud hands to hold ball

7. Grasp Bird's Tail

Grasp, twist, sit back pull down, wipe off, push, close the trunk

8. Penetrate Shuttles

Sit back, v feet turn, hold ball, spin the hoop

9. Needle to Sea Bottom

Reach out, half step, hands together

10. Fan through Back

Lower heel, turn right palm, Fan through Back

11. Crossing Arms

Sit back, turn right foot, turn left foot, feet hip width

12. Conclusion



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