



## **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