

# STEP 17

## 19 Step Chen Style Taiji

NAME	CHINESE NAME	
Beautiful lady weaving	Yù niú chüanshüo	

### STEP 17 (5 / 6 moves)



1. Bring weight back into right leg. Left hand draws in slightly and right hand turns palm away.



2. Turn waist to the right. Left hand circles down in front of body. Turn body to the left and raise left toes to allow left foot to turn. Place left toes down and transfer weight to left leg. Step right foot up beside left, heel up. At the same time right hand comes across allowing right wrist to connect with left wrist and the two hands come in front of body at waist level. Both hands are pointing down and relaxed. Left palm facing to the right and right palm facing left.



3. Arms circle to the left and up. Hands are in front of face.



4. Hop and then place right foot flat on ground. Weight stays in left.

5. Place right foot slightly forward, toes pointing roughly to a 45-degree angle. Right hand also moves slightly forward. Left hand stays up protecting face. Move all your weight over your

right foot and step your left foot forward, pushing left hand forward at the same time. Right hand is now protecting the face, palm facing away. Weight stays in right leg.



6. Transfer weight to left leg. Turn body towards the right as much as is comfortable. All weight is now in left leg. Lift right leg and place foot behind you toes first. Keep turning body towards right allowing right foot to turn more. Place right heel down and transfer weight into right leg. Keep turning body to right and bring left toes around. Both feet should now be pointing forward. Weight is in right leg. Right hand is up at head height. Left hand is down at waist level slightly outstretched. Both palms are pointing forward.



### Alternative Move 5

Place right foot slightly forward and leap forward by springing off the right foot. Allow the momentum of the leap to turn your body around as you land. End the move as in the end of move 6 above.