

STEP 4

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Move forward and slant	Shàngbù xiéxíng	上步斜行

STEP 4 (9 moves)



1. Drop right hand by pivoting at elbow. Bring left hand towards right side, fingers pointing down.



2. Move weight to left leg. Turn right toes to point left. Move weight back to right leg. Turn waist to face left. Left arm turns with waist and left hand lifts up, thumb facing body. Right hand comes up to roughly in line with ear, thumb facing ear. Left toes up, heel on ground. Weight is in right leg.



3. Transfer weight to left leg. Step up and diagonally forward with right leg. As you step, right hand pushes forward, left hand pushes down to waist level to finish beside left hip.



4. Transfer weight to right leg and step up and diagonally forward with left leg. Weight stays in right leg. As you step, left hand circles up by left ear and pushes forward. Right hand pushes down to waist level to finish by right hip. Weight is in right leg.

5. Turn waist slightly to right. Look towards right palm.



6. Turn waist slightly to left as you push right hand to right ear. Transfer weight to left leg, drop left shoulder towards left knee. Left hand pushes down towards left knee, thumb faces body.



7. Turn waist slightly more to left and straighten back to vertical position. By straightening your back, left hand automatically lifts up so that hand is at shoulder level. As left hand comes up you make a hook, left thumb touching left fingers. Right hand stays by ear. Weight is in left leg.



8. Right hand pushes round in front of face, continues pushing along inside of left shoulder, elbow and wrist. Right hand continues to push around towards right by turning waist towards right. Both hands are shoulder height. Left hand is in hook. Weight is in left leg.



9. Relax. Right fingers turn to point up. Left hand is still in hook. Weight in left leg.

