

STEP 5

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Three steps forward	Shàng sānbù	上 三 步

STEP 5 (5 moves)



1. Turn waist slightly to right. Left hand releases hook. Transfer weight to right leg. Right hand turns palm down.



2. Turn waist to left. Left toes come up, heel on ground. Left hand comes up to shoulder level, thumb faces you and elbow is dropped. Right hand comes up to ear level, thumb facing ear, elbow dropped.



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



4. Transfer weight to right leg. Step up and diagonally forward with left foot. 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.

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

