



Eight Move One Step Form List of moves

- 1 - Opening move.
then Hold ball on right.
- 2 - Part wild horse's mane left.
then Hold Ball on left.
Part wild horse's mane right.
then Hold ball on right.
- 3 - Grasp swallow's tail left.
Peng; Lu; Ji; An
then Hold ball on left.
Grasp swallow's tail right.
Peng; Lu; Ji; An
then Hold ball on right.
- 4 - Single whip left.
then Hold ball on left.
Single whip right.
then Hold ball on right.
- 5 - Strum the Lute left.
then Hold ball on left.
Strum the Lute right.
then Hold ball on right.
- 6 & 7 - White Crane spreads wings and Brush knee and push step left.
then Hold ball on left.
White Crane spreads wings and Brush knee and push step right.
- 8 - Closing move.