

19 Movement Form (last updated on Jan 20th, 2011)

The Chen 19 Form was created by Grandmaster Chen Xiao Wang in 1995 in response to demand from students around the world for a short routine suitable for beginners. The form is composed of 19 movements (and so its name) , divided into four sections. The form is easy for novice to learn, yet offers the experienced practitioner room to express and develop the basic principles, energies and techniques of the style. The form is a combination of postures from the three traditional Chen style taijiquan routines: Lao Jia (Old Frame), Xin Jia (New Frame), and the Xiao Jia (Small Frame).

It contains several postures from the Xin Jia style, including Shang Bu Xie Xing, Dao Juan Hong, and Yeh Ma Fen Zhong. These postures are fairly simple, and avoid the complex coils that are the signature of the style. Also included are postures from the Xiao Jia style, including Shuang Tui Shou, Shan Tong Bei, and Liu Feng Si Bi. The remainder of the form (about 2/3) is from the Lao Jia Yi Lu routine.

First Section:

1. Preparatory stance (yu bei shi), sometimes also referred to as starting form (qi shi)	预备式 or 起势(起勢)
2. Buddha's Warrior bodyguard* leaves the temple (jin gang chu miao)	金剛出廟 (金剛出廟)
3. Holding the coat's at the waist (lan zha yi)	攬扎衣(攬紮衣)
4. Step forward with diagonal parry (shang bu xie xing)	上步斜行
5. Step forward three steps (shang san bu)	上三步
6. Hidden punch with left fist (zou yan shou gong quan)	左掩手肱拳
7. Double pushing hands (shuang tui shou), or sometimes referred to as double push palms which is more accurate (shuang tui zhang)	雙推手 (雙推手) or 雙推掌 (雙推掌)

Note: 金剛 usually refers to someone who is super strong and since Buddha's Warrior bodyguard or Buddha's Warrior Attendant is supposed to be super strong, that meaning stuck as part of the form.

Second Section:

8. Stepping backwards with whirling arms (dao juan gong)	倒卷肱
9. Flash turn to the back (shan tong bei)	閃通背 (閃通背)
10. Hidden punch with right fist (you yan shou gong quan)	右掩手肱拳
11. Six sealings, four closing (liu feng si bi) ** Seal off 6 avenues of attack and protect all 4 sides **	六封四閉 (六封四閉)

Note: Gong versus hong. There are many write ups that have "yan shou hong quan" or "dao juan hong". The Chinese character for hong is 宏 which is similar to 肱 (gong). The difference is in their meanings. 肱 means upper arm, which I believe is what the form is referring to and 宏 means great or grand.

Third Section:

12. Moving hands (yun shou) ** also incorrectly named as cloud hands **	运手 (運手)
13. Patting high on a horse (gao tan ma)	高探马 (高探馬)
14. Kick with right heel (you deng gen)	右蹬根
15. Kick with left heel (zou deng gen)	左蹬根

Note: The simplified Chinese character for cloud is 云 (雲). It is very similar to the simplified Chinese character word for moving 运 (運). It is very likely that these characters got translated incorrectly and “Cloud hands” stuck as a name because the hands look like clouds moving back and forth.

Fourth Section:

16. Parting wild horse's mane (ye ma fen zong)	野马分鬃 (野馬分鬃)
17. Jade maiden shuttles back and forth (yu nu chuan suo)	玉女穿梭
18. Buddha's Warrior bodyguard pounds mortar (jin gang dao zhui)	金剛搗碓 (金剛搗碓)
19. Closing (shou shi)	收勢

Note: Another very common interpretation of #17 is Jade maiden works the shuttle. A shuttle is a piece of a loom that moves back and forth between yarns. I think the name is describing a lady moving back and forth quickly like the shuttle of a loom and not the lady working the shuttle of a loom, although both movements are very similar.

Movement 1 – Preparatory Stance (Yu Bei Shi)

1. 1st movement is preparation. It is very important to pause after opening your feet and balance your weight. Count to 10 is a constant reminder from Grandmaster Chen Xiao Wang. Seek the usual requirement of uprightness and relaxed waist. Stay calm before starting, otherwise every movement that follows will have deviations and in trouble.

Movement 2 - Buddha's Warrior leaves the temple (Jin gang chu miao)

1. Raise both arms. Elbows are slightly bent outwards. When raising the arms, focus on the wrist so that shoulders can be relaxed. Imaging a string on each wrist pulling it up, relax the hand and arms. Do not go past shoulder height.
2. Lower the arms. When lowering the arms, sink (sit down into pelvis) at the same time. Imagine the wrist pulling the strings down and the hands and arms are pushing against water, thus the tips of the fingers automatically "float" upwards. End with palms facing down, hands level at waist level.
3. Shift weight slightly to the right before raising both arms to the left. The hands are about 18" apart (one forearm's length). The right hand does NOT pass the midline of the body, the left hand does not go outside of the left shoulder. Left hand in position 4 (SRE Set A). Right hand in a modified position 2, i.e. instead of palm facing the roof, the palm is facing upwards and outwards.
4. Look at the left hand. Then turn both hands so elbows are pointing down before the next weight shift.
5. Shift weight to the left, turn body to the right and pivot the right foot on the heels - 45 degrees to the right.
6. Transfer weight fully to the right with hands in the opposite positions of step (3) above. Right hand in position 4 (SRE Set A), left hand in modified position 2.
7. Once the weight is on the right foot, draw in the left foot with a slight lift, sink (i.e. sit) into the right foot and place the left foot forward and to the left, landing on the heels. No change in hands or arms position. (Ideal movement is not to step but draw in, lift, sit and slide out the left heel. Try this when your legs are stronger. It is fun)
8. Both feet point in the same direction, towards the front right corner. Check your heels, if they are in a straight line pointing to the front, then you have to place the left heel further to the left. You have not stepped far enough to the left.
9. With weight still on the right foot, drop both hands backwards on the right side of body (like in the new double arm SRE) to the waist level. Palms face down. Stop when left forearm is parallel to the ground. Right arm will be lower than the left arm.
10. Transfer weight to the front foot (left foot), while rotating the body and move the left arm with palm facing down towards the front. Turn the right hand so that the palm faces up and leave it behind on the right side above the right knee. There is a subtle movement here.
11. Your body will be facing in the same direction as the toes. Your body will be facing towards the right corner. Left forearm is still parallel to the ground. Both feet will be pointing in the same direction and about 45 degrees to the right.
12. To do the final move, start by shifting your weight slightly backwards – just enough for you to turn the left toes to point forward.
13. Shift the weight back to the front (left) foot, turn your left hand outwards clockwise so that the palm is facing up, and then push out the left hand and circle it upwards (at chest level) and then back towards your body. As the left hand is pushing out, imagine it pulling the right side of the body forward, draw your right foot in to position it next to the right side. Also draw in your right arm to the front on the right side. Place the center of the left hand on top of the right forearm just in front of the elbow.
14. The right foot can be in front or to the side of the right foot. It does not matter. What matters is that the right foot is not bearing any weight.

Movement 3 - Holding the coat's at the waist (Lan zha yi)

- 1) Start by turning your left palm over on top the right forearm and sinking into the left foot.
- 2) With weight still on the left leg, step out to the right with the right foot. (Challenging: slide out the right foot on its heel to the right while sinking into the left leg)
- 3) Turn torso to the left slightly and then turn back to the right and at the same time change weight over to the right and turning your right hand so that palm is facing outwards (like performing SRE Set A's from position 2 to position 4)
- 4) End in the same starting position as SRE Set A – right hand out, left hand at the waist. When the right hand is travelling to the right. The left hand traces a path from the upper right side of the chest down through the navel to end in its resting place on the waist.
- 5) Sink, weight on the right.

Movement 4 - Step forward with diagonal parry (Shang bu xie xing)

- 1) Relax the right hand like in SRE Set B position 1 and push right wrist out to the right slightly. At the same time bring your left hand to waist level in front of you, palm face up, weight is still on the right.
- 2) Change weight to the left foot and lift both hands up, fingers pointing upwards to the right. This will allow you to pivot the right foot to point the toes to the left (about 45 degrees).
- 3) Change weight to the right foot so that you can now pivot on the left heel to point the toes forward (90 degrees from original position). Hands stay the same. Body will turn naturally towards the left.
- 4) Change weight to the left and step forward with the right foot, place right hand in front just like the walking exercise we did with one hand forward and one hand back. Change weight to the right (front) leg. Remember to move the right foot in towards the left before placing it diagonally out – like drawing a left parenthesis.
- 5) Take another step forward ending with left hand and foot forward, weight on the left leg, right hand with palm faced down at the back.
- 6) Shift weight slightly back to the right (BACK) leg. Pivot the left foot on the heels to bring it parallel with the right foot. Bring left hand in, left hand with palm facing right is along the body's midline, fingers pointing up. Right hand is still behind.
- 7) Keeping the body as one piece, lean over to the left by relaxing the waist – more like folding your left side of the waist into the body. At the same time, raise the right hand up along the right side to end behind the right ear. Bring the left hand down so that the forearm is level with and at the waist.
- 8) Shift weight to the left leg while rotating left along the body's center line. Imagine the left shoulder blade pushing an object away. At the same time, sweep the left hand across the left knee.
- 9) When the left **hand** passed the top of the left knee, lift the left arm and body back to an upright position. At the same time, form a hooked left hand (i.e. all fingers and thumb are touching one another.) No change in the right hand.
- 10) When the body is upright again and the hooked hand is formed, push out with the right hand from behind the right ear towards the left hand, then sweep to the right while turning your body. Weight will be on the left foot.
- 11) End with the right hand like SRE Set A's starting position (or position 4) then sink.
- 12) If you have a mirror, look at your posture. The left and right side ought to be balanced in shape and height. Elbows are slightly bent. Toes pointing in the same direction.
- 13) Mantra - Fold ... Roll ... Lift ... Sweep ... and Sink
- 14) During the roll – keep the intent on the left shoulder blade. Head should still be in line with the body, i.e. don't tip the head.

Movement 5 - Step forward three steps (Shan san bu)

- 1) Shift weight to the back foot (right) slightly to allow your left foot to turn outwards before you walk up.
- 2) For walking, remember to transfer your weight to one foot before moving the other.
- 3) Remember draw in, step out, place with the heel and then transfer weight to it.
- 4) The ending position is right foot and hand forward (elbow above knee), weight on the front (right) leg.

Movement 6 - Hidden punch with left fist (Zou yan shou gong quan)

- 1) Prepare for the punch by relaxing the waist and upper body.
- 2) Shift weight from the right foot to the left.
- 3) Left hand forms a fist and pulled back so that the left fist (with palm side up) is touching the body at chest level on the left side.
- 4) Right elbow is placed by the right side of the body. Upper and lower forearm is about 90 degrees. Hand is open and palm faces up. Fingers are pointed slightly inwards.
- 5) 3 things happen at the punch.
 - a. Change weight from the left to the right by using your left foot to start a push.
 - b. The left fist punches out in a spiral movement (or flicks up) and ends with the palm side down - no higher than shoulder level.
 - c. The right palm moves back into an elbow strike and the open palm turns inwards to face the body and rest on the right side of your chest, touching the body.
- 6) When the punches (remember there are 2 of them) are finished, relax the body and the weight is now on the right foot. You are punching and facing into the left back corner of the room.
- 7) The body always faces the same direction from start to end of the punches. No twisting of the body.
- 8) When practicing, it is more important to do this slowly and get the correct timing rather than to get the snaps and pops. The latter can be bad for you. Be careful.

Movement 7 - Double pushing hands (Shuang tui shou)

- 1) Start by placing both hands in front of the right leg. Weight is still on right leg. Left hand's palm facing body, right palm faces out. Left hand below right hand.
- 2) Drop hands and pull back to the left like our double hands SRE. Shift weight to the left leg as you are pulling back. The palms will end facing backwards.
- 3) Turn left palm to face up, draw right hand (palm down) to chest level.
- 4) Bring the left hand up towards your face. Since the weight is on the left foot, pivot the right foot to face the wall.
- 5) When the left elbow starts to bend, shift weight over to the right foot. Right toes would be facing the wall already.
- 6) Keep left hand behind the left ear and the right hand is slightly below the left hand, during this weight change.
- 7) Keep both hands relaxed.
- 8) Once the weight is on the right foot, lift the two elbows slightly upwards and then push out with both hands – first downwards and then upwards.
- 9) Avoid straightening the arms. Elbows below shoulders and pointing down (not outwards). Fingers pointing upwards not inwards.
- 10) Energy is on your back between the shoulder blades.

Movement 8 - Stepping backwards (Dao juan gong)

- 1) This one has tricky hand and foot coordination.
- 2) From double push hands, turn your torso to the right and spread your arms out – palms facing up. Form a "T" with arms and body.
- 3) Circle the right hand upwards and towards the front near the right ear and then push out towards the front.
- 4) As the same time, rotate the left palm that was facing up to face down and then circle the left hand downwards towards the back.
- 5) As the left hand passes near or over the left knee, step back with the left foot at an angle away from the right foot and landing on the ball of the foot. The left hand continues to move back until it rest to the side and behind you. Keep weight on the front foot.
- 6) For the next step, reverse the movements. Always start by turning your palms to face up.
- 7) Left hand circles up and towards the front passing the left ear. Circle right hand down and towards the back. Weight transfer happens when the elbows start to bend. So when the left elbow starts to bend, weight is shifted from the front (RIGHT) foot to the rear (LEFT) foot. You will be shifting weight from the

front foot to the back foot while your hands are circling. It takes some practice. When the right hand is near the right knee, draw the right foot towards the left foot and then place it out back at an angle, landing on the ball of the foot.

- 8) Keep some space between the left and right heels as you are stepping. Each foot has a crescent movement like a parenthesis “)” for left foot, “(“ for right foot.
- 9) Draw one foot closer to the other to keep your balance. The closer they get, the more stable you will be.
- 10) Repeat 2 and 3 again to take 4 steps back.
- 11) Ending with left hand and left foot forward. Weight on the left leg.

Movement 9 - Flash the back (Shan tong bei)

- 1) Step back as if you are taking another step backwards.
- 2) When the right hand is by the right ear, instead of pushing the right hand out, chop downwards and leftwards to end in between the legs. Also when the right hand is by the ear, the weight has already transferred to the back (LEFT) leg. As you are chopping, draw the right foot half a step in.
- 3) Left hand becomes a scoop and placed to the left. Imagine yourself holding up someone's calf.
- 4) Keep back and body straight, avoid bending over too much. Relax waist.
- 5) Then step out with the right foot landing on the heel (weight on the left leg) and extend your right hand downward and forward - like tracing a segment of a circle with the fingers.
- 6) Transfer weight to the right foot and step forward with the left foot landing on the heel and weight still in right leg. Extend left hand in front of left foot as well.
- 7) Raise the right hand in front and slightly above the head, fingers pointing left to protect your head.
- 8) Transfer weight to the front (LEFT) leg while pivoting the left foot to the right (about 135 degrees). Once the weight is on the left leg, bring the right foot next to the left foot. Set it down to prepare for the punch.
- 9) Your body is now 180 degrees from where you started. Transfer weight to the right leg and step out with the left foot towards the front and left. Body will now be facing the back corner.

Movement 10 - Hidden punch with right fist (You yan shou gong quan)

- 1) Get ready for the punch with the right fist.
- 2) As the feet are getting into place from Movement 9, bring the right hand next to the right side of your right ribs. Form a fist with palm facing up.
- 3) Left hand's position is on the left; elbow close to body, open hand with palm facing up.
- 4) Same pointers as punch with the left fist. Weight shifts from right leg to left leg. Right fist rotates (thumb turns inwards) and end with palm facing down. Left hand pulls back into an elbow strike with hand landing on your left chest.
- 5) Weight is on the left leg.

Movement 11 - Six sealings, four closing (Liu feng si bi)

- 1) Shift weight to the right leg and place two hand towards the right side (like Movement 7)
- 2) Bring both hands down (on the right side) and sink into the right leg.
- 3) Keeping the weight on the right leg, rotate your body and sweep both hands in front of you and towards the left. Pivot on the left heel while rotating your body.
- 4) When the left hand is above the left knee, transfer weight to the left leg, continue to turn the body holding your arms in the same position.
- 5) Draw in the right foot close to the left and then place the right foot out to the right. Both hands would be on the left, palms facing outwards.
- 6) Like Movement 7, bring your left hand up towards your left neck and right hand's palm faces the left palm while shifting weight from left leg to the right leg.
- 7) With body facing the front, push out with both hands slightly to the right and downwards. Draw in the left foot next to the right. Weight is on the right foot.

Movement 12 - Moving hands (Yun shou)

- 1) First, position your hands in the 2 – 4 positions. Right hand in position 4, left hand in position 2 at waist level.
- 2) Sink into the right and then step out to the left with left foot.
- 3) Do double hands silk reeling for 3 steps to the left.
- 4) As a cue to stepping, step out or in when the lower hand passes the knee. So when the right hand passes the knee, step in to the left, then after turning your hands and when the left hand passes the left knee, step out to the left. Between those two movements is when you shift weight.
- 5) End with weight on the right leg, left leg extended to the left, both hands at the right side. Right hand on top, left hand below.

Movement 13 – Patting high on a horse (Gao tan ma)

- 1) This can be tricky.
- 2) Left hand moves into position of SRE. (i.e. rotate thumb inwards to make palm face down). Right hand rest with palm facing down on the right.
- 3) Left hand move into position 4 of SRE, weight shifts to the left leg.
- 4) Right hand pushes backwards and to the right with palm facing down and out.
- 5) Shift weight back to the right and bring both arms to shoulder level, palms face up.
- 6) Pivot the left foot outwards to the left about 90 degrees to point at the wall (imagine our room).
- 7) Transfer weight to the left foot and bring your right hand up to your right ear. Draw in the left hand (palm up) halfway.
- 8) Step out with the right foot, land on the heel. You don't have to take a big step for this.
- 9) Transfer weight to the right and turn your body at the same time to face the back wall. As you are transferring your weight, pivot the right heel so the toes point towards the back wall.
- 10) If you do this right, by the time you face the wall, your right elbow will be in place and your left hand will be at the waist near the body.
- 11) If you took a big step in #8, then draw in the left foot next to the right foot. Left toes touching only.
- 12) After stepping into position, push out the right hand (like you are trying to get to position 4 of SRE) and pull the left hand to the left.
- 13) Sink and settle the right hand into the starting position for silk reeling. Right elbow pointing downwards. Left hand rest in front on the left side of the body.

Movement 14 - Kick with right heel (You deng yi gen)

- 1) Put both hands out to the right.
- 2) Bring both hands down in front of you.
- 3) When the right hand passes the right knee, cross arms and legs at the same time.
- 4) Left hand crosses over on top of right hand. Both palms face outwards, fingers down.
- 5) Left leg cross in front of the right leg. Land on the heel and keep weight on the right.
- 6) Transfer weight to the left foot and then change hands from open palms to fists and draw them to chest level. At the same time, draw up the right leg (you can think of it as just raising the right leg in front of you)
- 7) Sink into the left leg and kick out to the right. During the kick, look at the foot or where you are kicking.
- 8) The arms will also push out from the center like you are exploding outwards. The 2 fists will rotate inwards and then outwards and change into open palm before you explode.
- 9) After the kick, relax arms and leg.
- 10) Set the right foot down to your right, heels down and right toes towards the wall. Arms in front, fingers point down and relaxed. Weight on the left leg.

Movement 15 - Kick with left heel (Zou deng yi gen)

- 1) The initial turn towards the front is tricky.
- 2) As you are transferring weight to the right foot, you will need to turn body to the right while pivoting on the right heel and pivoting on the left toes. Alternatively, you can take multiple forward and backward shifts with pivoting.
- 3) You want to end up facing the front wall and crisscrossing your legs.
- 4) Since the legs are crisscrossed, your hands need to crisscross as well (right hand over the left). Whichever leg is kicking out, that same hand is under the other hand.
- 5) Draw you arms and left foot up and in like Movement 14. Open hands become fists, left leg raised in front of you.
- 6) Sink into the right leg and kick out to the left. During the kick, look at the foot or where you are kicking.
- 7) The arms will also push out from the center like you are exploding outwards.
- 8) After the kick, relax arms and leg.
- 9) Bring the left foot back in and set it down next to the right foot, bring both arms down by the sides and relaxed.

Movement 16 - Part wild horse's mane (Ye ma fen zong)

- 1) Position your hand in front of you like you are holding a ball. Left hand on top at chest level, right hand below at waist level, palms facing one another. Both hands along the midline of the body.
- 2) Sink into the left leg and step out to the right with the right leg, keep weight on the left.
- 3) Separate (split) the hands; right moves to the right, left moves to the left. At the same time, shift weight to the right.
- 4) The arms will form a straight line. Right hand, palm faces up. Left hand, palm faces back.
- 5) Shift weight back to the left leg, bring both hands back in front of body with right hand above, left hand below, palms facing one another. At the same time, lift right toes.
- 6) Turn body to the right and pivot your right foot on the heels to the right.
- 7) Transfer weight onto the right leg while continuing to turn the body to the right so that you are now facing the back wall. The left foot will be pivoting on its toes.
- 8) Once the weight is on the right leg, sink into the right leg, draw in the left leg and then put it out to the left like in (2). Keep weight on the right leg.
- 9) Separate / Split the hands; left hand palm faces up, right hand palm faces back. Shift weight from right to left while splitting the arms.
- 10) The arms will be straight across. Left hand, palm faces up. Right hand, palm faces back.

Movement 17 - Jade maiden shuttles back and forth (Yu nu chuan suo)

- 1) Shift weight back (RIGHT leg) to pivot the left foot to face the right wall if necessary.
- 2) Shift weight to the left, draw in the right foot in front of the left foot.
- 3) At the same time, circle the right hand from behind downwards towards the front with palm leading the way.
- 4) Left hand travel downwards to meet the right forearm on the right at waist level.
- 5) Turn body to the left slightly while turning your right forearm in a vertical circle (plane parallel to body) in front of you.
- 6) Settle into final position with left hand supporting the right forearm and right knife hand in front of you.
- 7) Weight on the left leg. Right leg empty stance.

Movement 18 - Buddha's Warrior Bodyguard pounds the mortar (Jin gang dao zhui)

- 1) Push up with left foot. And land with both feet at the same time. (up down movement)
- 2) Step out with right leg and right hand at the same time.
- 3) Take two steps forward. First step out with the left leg and place your foot so that the toes point to the back wall. Your right arm will go up towards your head to protect it. Turn your body at the same time.
- 4) Then, take a second step with your right leg. Step behind the left leg and land on your toes. Your legs will be crisscrossed at this time. Weight is still on the left leg.
- 5) When the right leg is moving behind the left leg, push your left hand out (palm facing out) as well. Hand's and foot's movement end at the same time. Weight still on the left leg.
- 6) Then hold your arm position and transfer weight to the right foot so that the left foot can pivot on its heel. Pivot the left foot towards the front. The toes may not be pointing directly at the front wall at this time, and that's ok.
- 7) Now transfer weight back to the left foot and while doing that turn your body to face the front wall. At this time, your left foot will continue to pivot and end up with toes facing the front wall as well.
- 8) Circle the right hand from the top towards the back and down and then to the front again.
- 9) Bring Left hand in to waist level with palm facing down. Left hand is slightly on the right side of the body. Left hand brushes right elbow at about the same time.
- 10) Circle the right foot outwards to the right then back to front into an empty stance. Like drawing a clockwise circle.
- 11) After the left hand and right arm "meets", turn left hand so palm faces up. Right forearm continues to bend upwards and when the forearm is straight up and down, change right hand into a fist and place it on top of the left hand. Fist on hand is about 2 fingers' width away from the body.
- 12) Lift right fist and right leg up. Right forearm is straight up and down. Elbow on top of right knee. Right thigh is horizontal. Ankle relaxed.
- 13) Drop the entire right side down at the same time to do the Taiji stomp. 😊 The left knee will also bend slightly as the right side of the body drops down. This will happen naturally if the body is relaxed. Don't force it.

Note: See below for the footwork. The hands and body positions are harder to draw. 😊

Movement 19 - Closing (Shou shi)

- 1) Reversing the movements at the beginning in Movement 1.
- 2) Open the arms to the sides, palms face inwards towards the body.
- 3) Circle arms up to the chest level (palms face downwards into the ground)
- 4) Bend both elbows to bring the hands to the chest.
- 5) Press hands down and sink
- 6) Stand up and close feet. Calm your Qi down.

FRONT WALL

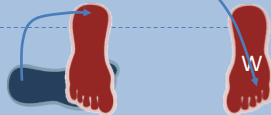
This is after the first step forward with both right hand and right foot leading.



BACK WALL

FRONT WALL

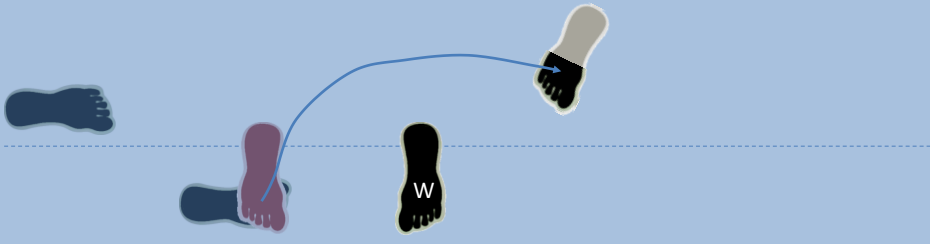
Step over with the left foot and position it as so. As the body turns to face the back, the right foot will also turn. Weight on the left foot.



BACK WALL

FRONT WALL

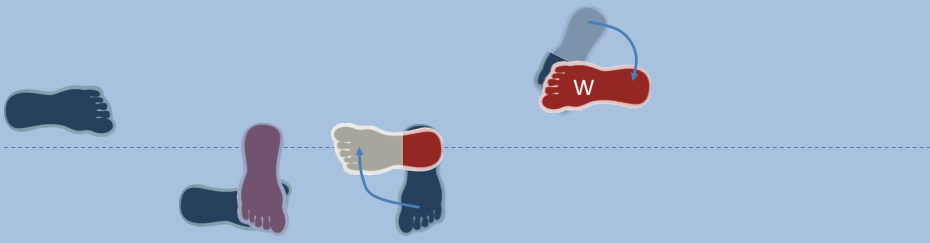
Keeping the weight on the left foot, bring right foot behind left foot, land on the ball of the foot.



BACK WALL

FRONT WALL

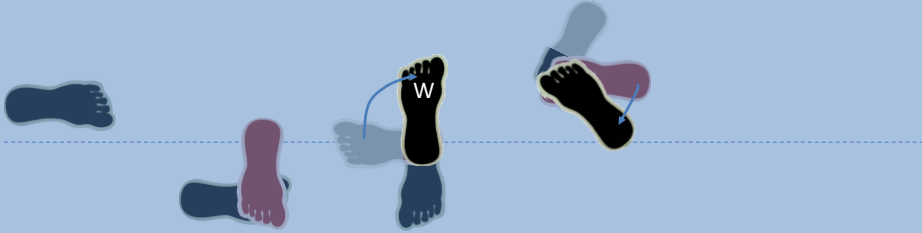
As you shift weight to the right foot, pivot the left foot on its heels.



BACK WALL

FRONT WALL

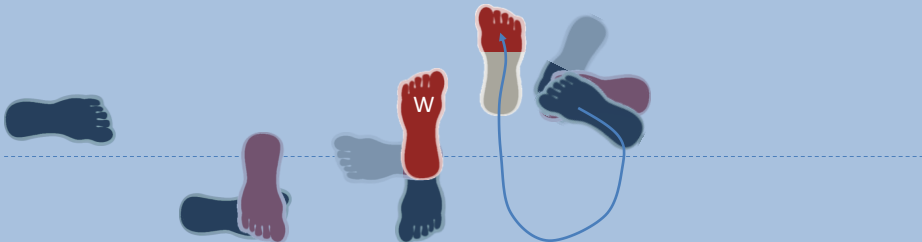
As you are transferring weight back to the left foot, turn body and toes to face the FRONT WALL.



BACK WALL

FRONT WALL

Finish the foot work by drawing a circle clockwise and ending in an empty stance to the right. Toes lightly touching ground.



BACK WALL