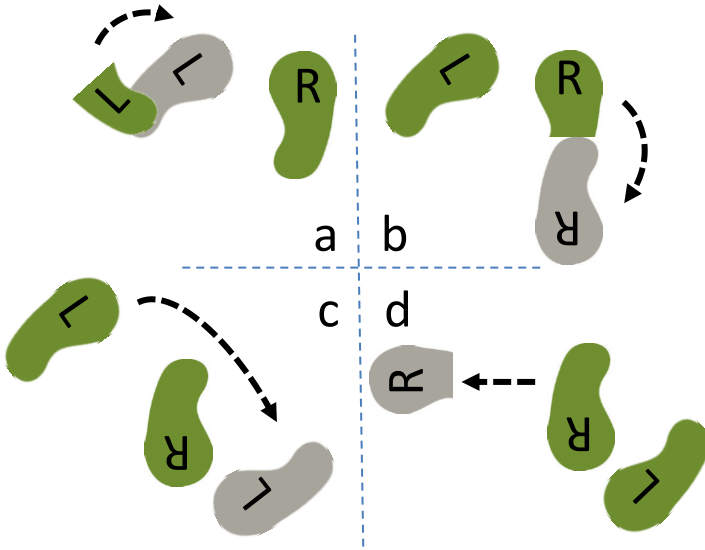


Move 51* Turn and Right Heel Kick Follows Left Heel Kick



- After ending the final movement of *Left Heel Kick*, place your left foot on the floor. Pivot on your left heel to the 45° A Position as you bring your arms together at chest level, crossing your wrists with palms facing you (Foot position 'a' and figure 1).
- Pivot on your right heel 180° to the 90° Back Position (Foot position 'b').
- Bring your left foot around to 45° C Position (Foot position 'c' and figure 2).
- Shift your weight to your left foot and kick out to the 90° Right Position with your right foot (leading with your heel) as you push your arms out to the sides at shoulder level (Foot position 'd' and figure 3).



*These instructions are for use as an assist to the free beginner classes offered by Tai Chi Maine, they are not meant to be stand-alone lessons for the Tai Chi form of Moy Lin-Shin.