



## Move 5\* Step Up and Raise Hands following Single Whip

- a. After you complete the last movement of Single Whip, maintain your arm positions and shift weight To your right foot.
- b. Pivot on your left heel to the 45° D position. (Foot diagram 'a')
- c. Shift your weight to your left foot and lift your right heel off the floor. (Foot diagram 'b' and Figure 1)
- d. Place your right foot one-half step ahead to the 90° Front position, heel down and toes up.
- e. Bring your arms together in front of you with your right elbow bent and your left fingertips along the inside of your right elbow. (Foot diagram 'c' and Figure 2)



\* 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.