

Tai Chi Set - Part 1 & 2

| Weight on | Lower limbs | Upper limbs | Notes |
|--------------|--|---|--|
| Both legs | | Hands up, hands down | Thread |
| Shift to R | Open L knee, pivoting on L heel | Scoop with R hand | |
| | Finish opening L knee | | |
| Shift to L | L toes down. Lift and open R heel, pivoting on tips of toes | | |
| On both legs | R heel settles down. | Push with hands (L hand forward, R hand to the side) | Check position of feet. No in-stepping or too wide |
| Shift to R | Sit back, lifting L toes. Then, open L knee. | | |
| Shift to L | Stand on L | Hands crossed | |
| | Kick with R (you may kick the floor) | Hands open | Open heavy French doors. |
| | Place R heel in front of L big toe | L arm up, R arm down | |
| Shift to R | | R hand says something. | L hand under R elbow. |
| | Place L heel (toes up) | Clean forearm. Palms down. | |
| Shift to L | L toes slowly down. | Push from the waist. | |
| Shift to R | Sit back, leaving L toes on the floor. | Palms up and clean R forearm (elbow back) | |
| | Stand on the R, "dragging" L bowl of the foot. | Open arms. R hand "holding pie", L hand "holding shoulder". | Right foot is facing forward |
| | L toes behind | | |
| Shift to L | L foot facing L corner, R toes in contact w/floor foot facing forward. | R arm throws pie. L arm facing up by belly button | |
| | | Open L elbow, both palms are facing down. | |
| Shift to R | Coil and turn around (or step behind) | Gradually, move hands to hold a kettle. L hand holds the lid. | Both feet are facing the corner |
| Shift to L | | Offer the kettle. | |
| | Open R knee (forward). Place heel | | |
| Shift to R | R toes slowly down. | R hand offers tea. L hand down. | |
| Shift to L | | Open L elbow, both palms face down. | |
| | Continue turning around | | |
| Shift to R | | Hold kettle. R hand top. Around ball. | Bend. Grab R wrist. Up. |
| | Bend knees, place L heel | | |
| Shift to L | L toes down | L arm forward. R arm stays up | Check no in-stepping |
| Shift to R | Sit back, turn. L foot pivots on heel. | L hand up, R hand down (12:30) | Keep hips bent (butt behind). |
| Shift to L | Kick with R (forward kick). Land heel | Say something with R hand | |
| Shift to R | R toes down | Clean forward | |
| Shift to L | Sit back | Grab some flowers, make a bouquet. | |
| | Place R heel in front of L big toe | | |
| Shift to R | | Throw flowers | |
| | Place L heel | Palms up, clean forearm, palms down. | |
| Shift to L | L toes down | Push from waist | |
| Shift to R | Sit back, open L knee, pivot on L heel | Arms open to sides | |
| Shift to L | | Clap | |
| | Place R heel | | |
| Shift to R | | Push with clap, then with both hands | |
| Shift to L | Sit back, turn. R foot pivots on heel. | | R foot faces corner |
| Shift to R | | Palms down | |
| | R bowl of foot pushes down | Single whip hands. R hand dirty rag | R hand faces R cheek |
| | Bend knees, place L heel | | |
| Shift to L | L toes down | L hand pushes forward | |