

**Wave hands Like the Clouds** right side, Posture starts from Parting the Wild Horses Mane on the right side (facing EAST)

- a. (*switch hands*) Turn the right palm outward, and raise the left hand coming up in front of right hand creating “chi”, palm facing you in horizontal position. Lower right hand into scoop.
  - b. Rotate the waist to the left side (left hand is the cloud) the left hand at lower eye level, palm facing you and watch as it goes across center of body to the left fingers following, right hand should be in scooping position but stationary, adjust footing by rotating on your heel shifting weight back and forth. Hands should not be moving the body at the waist should be rotating, c-clockwise. At mid-point (NORTH) the scoop hand should travel in a upward toward the left hand. Turn left palm outwards and create “chi”. (NW corner)
  - c. (*switch hands*) Turn the Drop the left arm and left hand becomes the scoop. (NW corner) Right hand is now the cloud
  - d. Rotate the waist to the right side ( as the right hand at eye level palm facing you and goes across center of body to the right) palm should be facing you
  - e. \*note Scooping hand should be in place before turning your body, and at mid point scooping hand travels upward to the cloud hand when at (NE corner)
2. Shift the weight to the right leg (as you approach NE corner, **left foot steps beside the right foot**. Feet are together (you are facing NE corner)
- a. (*switch hands*) Turn the right palm outward, and raise the left hand coming up in front of right hand creating “chi”, palm facing you in horizontal position. Lower right hand into scoop.
  - b. Rotate the waist to the left side (left hand is the cloud) the left hand at lower eye level, palm facing you and watch as it goes across center of body to the left fingers following, right hand should be in scooping position but stationary, adjust footing by rotating on your heel shifting weight back and forth. Hands should not be moving the body at the waist should be rotating, c-clockwise. At mid-point (NORTH) the scoop hand should travel in a upward toward the left hand. Turn left palm outwards and create “chi”. (NW corner)
  - c. Shift the weight to the left leg. **Step the right foot to the right side**. Feet are apart (you are facing NW corner)
  - d. (*switch hands*) Turn the left palm out the left arm and raise the right hand (create “chi”)
  - e. Rotate the waist to the right side ( as the right hand goes across center of body to the right) palm should be facing you
  - f. (*switch hands*) Drop the right arm and raise the left. (You are facing NORTHEAST corner)
  - g. Rotate the waist to the left side (as the left hand goes across center of body to the left) palm should be facing you
3. Shift the weight to the right leg, **step the right foot to the left side** Feet are together (facing WEST)
- a. (*switch hands*) Drop the left arm and raise the right
  - b. Rotate the waist to the right side ( as the right hand goes across center of body to the right) palm should be facing you

4. Shift the weight to the right leg, **step the left foot to the left side**. Feet are apart (facing EAST)
  - a. (*switch hands*) Drop the right arm and raise the left
  - b. Rotate the waist to the left side (as the left hand goes across center of body to the left) palm should be facing you
  - c. (*switch hands*) Drop the left arm and raise the right (facing WEST)
  - d. Rotate the waist to the right side ( as the right hand goes across center of body to the right) palm should be facing you
  - e. (*switch hands*) Drop the right arm and raise the left. (facing EAST)
  - f. Rotate the waist to the center prepare for rooster posture (facing North)

Foot work is as follows:

1. 1 full cycle of Wave Hands (Feet are apart). You will be facing NE corner,
2. Left Foot steps next to the right (feet are together), switch hands,
3. Wave Hands to the left NW corner.
4. Right foot steps to the right, (feet are apart), switch hands.
5. Wave Hands to the *NE corner*, Switch Hands,
6. Wave Hands to *NW corner*,
7. right foot steps to the left (feet are together) Switch Hands,
8. Wave Hands to the *NE corner*,
9. Left foot steps to the left (feet are apart) you should be in the original position you started.
10. Wave hands full cycle to NE corner and be ready to do Rooster stance.