

GRASP THE PEACOCK'S TAIL



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Beginning stance:

You'll start out in ball position with your ball/weight on your right side

Movement:

- The first part of this move is "Part the Wild Horse's Mane" (step forward with your left heel @ a diagonal, palms pass each other, etc.)
- Bring your right hand back up to meet the left to "grasp" the peacock's tail, and then slide your hands together down the tail (shifting your weight back onto your right leg)
- Once you reach the bottom of the tail, grab your ball of chi - turn the ball over and push it skyward, transferring weight to your left/front leg and release your ball of chi
- Pull back, shifting weight to the right leg and lift up your left foot (heel down, toes up); bring your hands back down to waist level
- Press forward again, pushing your hands up and putting your left foot down; your weight shifts forward again
- Step your right foot up to meet the ball. Your weight and your ball should now be on your left side
- Repeat the movement, but this time moving your actions and shifting your weight and ball back to the right side