

## 7. CLOUD HANDS (TURNING HANDS)

1. Turn the right foot out at 45° to the right by pivoting on the right heel, at the same time shifting the weight onto the right leg and reaching out at 45° to the right with the right hand.
2. Bring the left hand across and then up in a semi-circle until the fingertips touch the underside of the right wrist. At the same time, move into a full front stance by drawing the left foot in towards the centre.
3. Sweep the left hand around and up to the left, simultaneously turning the left foot 90° to the left and shifting the weight onto the left foot.
4. Turn the body into a front stance facing diagonally out to the left, at the same time turning the left hand palm down and lowering the right hand to the thigh.
5. Step up with the right foot, touching the right heel against the left so that the feet form a Y.
6. Raise the right hand until the fingertips touch the left wrist, at the same time sinking down slightly and keeping the back straight.
7. Draw the right hand across and up to the right, pivoting on the right heel in the same direction, but continuing to look left.
8. In one movement, turn to face diagonally out to the right by pivoting on the ball of the left foot, lower the left hand to the thigh and turn the right hand so the palm faces the ground.
9. Step back with the left foot to form a front stance, at the same time raising the left hand until the fingertips touch the right wrist.
10. Sweep the left hand around and up to the left, simultaneously turning the left foot 90° to the left and shifting the weight onto the left foot.

