

Crane Dance Move Sequence



Ft Pos*	Move Name	Feet & Arms
T	Namaste Bow	Feet together
T	Flutter/Gather Chi	Step L, arms crossed low in front
F	Stretch Wings	L ft in then fwd, arms stretched back
F	Single Whip	R ft stays fwd, L hand crane, R hand down
S	Turning in Water	L ft in then side, R hand high, L hand low palm up
F	Sifting Mud	L ft in then fwd, hands low, palms down
F	Feel the Energy	R ft stays fwd, hands stay up palms up
S	Brush Ear	L ft in then side, R hand by R ear, L hand by R hip
S	Wave and Embrace	Weight on R, R hand high, L hand at R elbow
F	Cranes In Waves	L ft in then fwd, L hand up palm in, R hand "T"
F	Teases	R ft stays fwd, hands palms up in front

Crane Dance Move Sequence



Ft Pos*	Move Name	Feet & Arms
S	Swing Ball Down	L ft in then side, hands in ball on R
S	Snake's Tongue	Weight on R, hands on R palms back
F	Circle Back	L ft in then fwd, hands in front palms out
T	Cranes Greet	R ft in, hands down at sides in crane heads
S	Cranes in Clouds	Step L, hands in crane heads, L hand at R hip
F	Stretch and Pose	L ft in then fwd, arms stretched back
S	Pulling Taffy	L ft side, L elbow up palm in, R palm out
F	Play the Harp	L ft in then fwd, R hand up palm to L, L hand dwn
S	Crane Dance	R ft in then side, R elbow up palm in, R palm out, end ft tog
T	Bow	Feet together

* T = Together, S = Side-to-side, F = Forward and back