

List of moves for the Fast Set

Turn right and circle both hands

Cut cloth

Single whip

Hold the bird's beak

Fairy crane opens its wings

Play guitar

Turn over

Split with palm, push, finger stab with follow step

Jump, block, hammer fist down

Circle, circle, close up 2x

Tiger returns to mountain

2 slow circles

3 single-handed circles

Double whip

Hoping slanted flying

Fist under elbow with step up

White ape turns to the side 3x

Play guitar

Seven stars punch

Fair lady works shuttles 2 times with step up

Turn, jump, and punch

Cut cloth

Clap

Press down

Awkward hand

1 circle 3 pushes

Left and right escape 2x

Sweep with right and left leg

Pat high horse twice with reverse leg

Kick and jump back

Raise palm 2x

Circle and close 2x

Phoenix returns to nest

Cross hands.