

Raise arms	Slowly Wake
Open chest	
Painting rainbow	Step Out
Separate clouds	
Rolling arms	Step Out
Rowing boat	
Support a ball	Sweep Wing ^
Gazing at the moon	Step Out/Hold
Turn waist push palm	
Cloud hands	
Scoop the sea	SO/Wash Body
Push the waves	SO/Build Nest
Flying dove spreads wings	
Punching	Open Wing Tip
Flying wild goose	
Rotating fly wheel	Step Out
Step and bounce ball	Sweep Up
Balance chi	Slowly Settle
Standing zen & close	Sleep