



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.