

At a Glance Roller Coaster Form

First Section

Opening

Grasp Sparrow's Tail Single Whip

(Transition: Shift back, circle arms to left, continue circle to right for last count of Three Pushes)

White Crane Cools Wings

**Hug Knee Sequence: Left Hug Knee (LHK),
Play PiPa (PPP), LHK, RHK, LHK, PPP, LHK**

Deflect, Parry and Punch

Second Section

Cross Hands

Embrace Tiger Return to Mountain

Grasp Sparrow's Tail Single Whip

(Transition: Shift back, circle arms to left, continue circle to right for last count of Three Pushes)

White Crane Cools Wings

Left Hug Knee

Turn Body, Throw Body, Chop

Deflect, Parry and Punch

Bottle gourd Flower sequence

Grasp Sparrow's Tail Single Whip

Third Section

(Transition: Step Right Foot forward, Left foot moves to shubu, do last counts of Left separate foot)

Turn Push Foot: Left

Left Hug Knee, Right Hug Knee

Step Up and Plant Fist

White Snake Flicks Tongue

Deflect, Parry and Punch

(Transition: One Dragon Walk)

Turn Push Foot: Right

Deflect, Parry and Punch

Fourth Section

Cross Hands

Embrace Tiger Return to Mountain

Grasp Sparrow's Tail Single Whip

Part Wild Horse's Mane

Grasp Sparrow's Tail Single Whip (Including Ward Off Left)

Turn with Bagua Step

Grasp Sparrow's Tail Single Whip (Including Ward Off Left)

Fifth Section

(Transition: Shift back, circle arms to left, continue circle to right for last count of Three Pushes)

White Crane Cools Wings

Left Hug Knee

Turn Body, Throw Body, Chop

Deflect, Parry and Punch

Lotus Flower sequence

Grasp Sparrow's Tail Single Whip

Sixth Section

(Transition: Shift back, Turn left palm up, Right hand goes to left elbow)

Turn and Sweep Lotus

Left Hug Knee, Right Hug Knee

Step Up and Plant Fist

Bottle gourd and Lotus (With Peonie) Flower sequence

Grasp Sparrow's Tail Single Whip

(Transition: One Dragon Walk)

Turn and sweep Leg

Bend Bow Shoot Tiger

Deflect, Parry and Punch

Section	1 st	2 nd	3 rd	4 th	5 th	6 th	Total
GSTSW	1	2	0	3	1	1	8
Hug Knee	5	1	2	0	1	2	11
Deflect, Parry and Punch	1	1	2	0	1	1	6