WEBVTT

00:00:00.000 --> 00:00:03.535 Never mind it. Welcome people,

00:00:03.535 --> 00:00:06.363 thanks for coming out.

00:00:06.370 --> 00:00:11.630 Today and she longs IG.

00:00:11.630 --> 00:00:14.108 He did with the sense of Harden.

00:00:14.110 --> 00:00:19.030 Settling evenly. Hello.

00:00:22.480 --> 00:00:25.930 Tune into your body and graphs.

00:00:27.940 --> 00:00:30.110 Using into balance and alignment.

00:00:36.770 --> 00:00:38.358 Health and well being.

00:00:42.310 --> 00:00:44.837 Animal over eyes will turn the head

00:00:44.837 --> 00:00:47.697 from one side to the other in Easley.

00:01:15.800 --> 00:01:18.397 And I will come back to 7,

00:01:18.400 --> 00:01:20.840 keeping the neck law. Again.

00:01:42.390 --> 00:01:44.430 I don't know here in the shoulder shoulder.

00:02:05.940 --> 00:02:08.065 Come back to center. Roller

NOTE Confidence: 0.808973610401154

00:02:08.065 --> 00:02:09.765 shoulders around in circles.

NOTE Confidence: 0.828318357467651

00:02:14.590 --> 00:02:17.170 And the ending that balance

NOTE Confidence: 0.828318357467651

00:02:17.170 --> 00:02:18.210 grounding, alignment.

NOTE Confidence: 0.704241931438446

00:02:20.660 --> 00:02:25.532 And I will do the rotation

NOTE Confidence: 0.704241931438446

00:02:25.532 --> 00:02:28.780 in the other direction.

NOTE Confidence: 0.755175337195396

00:02:35.580 --> 00:02:40.740 Yeah, literally. They will bring

NOTE Confidence: 0.755175337195396

00:02:40.740 --> 00:02:44.668 our arms up. It'll come out.

NOTE Confidence: 0.708355024456978

00:02:51.530 --> 00:03:02.130 Hello. Your turn tell.

NOTE Confidence: 0.78740268945694

00:03:22.410 --> 00:03:25.539 And then I will come back to

NOTE Confidence: 0.78740268945694

00:03:25.539 --> 00:03:28.610 center and then we are circling.

NOTE Confidence: 0.808374881744385

00:03:28.610 --> 00:03:41.760 Circle.

NOTE Confidence: 0.848592638969421

00:03:54.960 --> 00:03:56.856 And then release. That will bring our feet

NOTE Confidence: 0.848592638969421

00:03:56.856 --> 00:03:58.559 together in these together will circle.

NOTE Confidence: 0.64728182554245

00:04:07.390 --> 00:04:08.440 Ellen circle

NOTE Confidence: 0.70326954596921

00:04:13.490 --> 00:04:16.326 And. Great shift left.

NOTE Confidence: 0.70326954596921

00:04:16.326 --> 00:04:19.871 Bring the right for back

NOTE Confidence: 0.70326954596921

00:04:19.871 --> 00:04:23.352 slightly lift the heel and

NOTE Confidence: 0.70326954596921

00:04:23.352 --> 00:04:26.657 rotate around the button lag.

NOTE Confidence: 0.772418260574341

00:04:29.000 --> 00:04:32.249 In both directions.

NOTE Confidence: 0.876503348350525

00:04:37.550 --> 00:04:38.958 And I will go to the other side.

NOTE Confidence: 0.929345428943634

00:04:43.880 --> 00:04:44.960 In both directions.

NOTE Confidence: 0.674516618251801

00:04:48.680 --> 00:04:50.324 The minimal settle evenly

NOTE Confidence: 0.674516618251801

00:04:50.324 --> 00:04:51.968 again will beginning Biogen.

NOTE Confidence: 0.674516618251801

00:04:51.970 --> 00:04:55.233 She'd only posture she also. Hello.

NOTE Confidence: 0.674516618251801

00:04:55.233 --> 00:04:57.898 For crossing right over left,

NOTE Confidence: 0.674516618251801

00:04:57.900 --> 00:05:00.996 open up the back by pressing the elbows away,

NOTE Confidence: 0.674516618251801

00:05:01.000 --> 00:05:03.710 fingers, down, up. And then.

NOTE Confidence: 0.674516618251801

00:05:03.710 --> 00:05:08.750 Forward again after I figured that out.

NOTE Confidence: 0.674516618251801

00:05:08.750 --> 00:05:12.918 And then release that out to the sides.

NOTE Confidence: 0.674516618251801

00:05:12.920 --> 00:05:16.870 Port across. Hum.

NOTE Confidence: 0.505761384963989

00:05:19.310 --> 00:05:21.210 Open.

NOTE Confidence: 0.675932615995407

00:05:41.720 --> 00:05:49.142 Hello. Love

NOTE Confidence: 0.675932615995407

00:05:49.142 --> 00:05:56.564 and hip

NOTE Confidence: 0.675932615995407

00:05:56.564 --> 00:06:03.986 in here.

NOTE Confidence: 0.675932615995407

00:06:03.990 --> 00:06:05.199 Text Alan's release

NOTE Confidence: 0.675932615995407

00:06:05.199 --> 00:06:06.811 ended up with the

NOTE Confidence: 0.675932615995407

00:06:06.811 --> 00:06:08.400 left right hand him.

NOTE Confidence: 0.675932615995407

00:06:08.400 --> 00:06:11.630 Inhaling?

NOTE Confidence: 0.751976490020752

00:06:29.330 --> 00:06:32.760 Then I will bring the right hand up to worry.

NOTE Confidence: 0.751976490020752

00:06:32.760 --> 00:06:36.897 I'm not upset shoulder blade and down.

NOTE Confidence: 0.751976490020752

00:06:36.900 --> 00:06:44.310 Coming up. Text, Kim. Yeah.

NOTE Confidence: 0.751976490020752

00:06:44.310 --> 00:06:48.860 Excellent. Inhale and Exhale.

NOTE Confidence: 0.701636075973511

00:07:17.410 --> 00:07:19.818 You honestly I turned to the road.

NOTE Confidence: 0.701636075973511

00:07:19.820 --> 00:07:21.915 I'd certainly has a slight

NOTE Confidence: 0.701636075973511

00:07:21.915 --> 00:07:24.010 turns Bluff circle arms down.

NOTE Confidence: 0.701636075973511

00:07:24.010 --> 00:07:26.909 And here. Yeah next year.

NOTE Confidence: 0.609556913375854

00:07:38.130 --> 00:07:47.100 will shift to ride together.

NOTE Confidence: 0.609556913375854

00:07:47.100 --> 00:07:48.740 Rebalanced centerfold.

NOTE Confidence: 0.609556913375854

00:07:48.740 --> 00:07:54.480 Behind the size very circular to front.

NOTE Confidence: 0.609556913375854

00:07:54.480 --> 00:07:56.688 Unfold hands up.

NOTE Confidence: 0.609556913375854

00:07:56.688 --> 00:08:01.840 Set hands down the backup Indian accent.

NOTE Confidence: 0.609556913375854

00:08:01.840 --> 00:08:07.870 Inhaling? Text Haley. In him

NOTE Confidence: 0.699089050292969

00:08:17.310 --> 00:08:20.120 They weren't separated and circle

NOTE Confidence: 0.699089050292969

00:08:20.120 --> 00:08:23.510 up and yelling at scaling down.

NOTE Confidence: 0.699089050292969

00:08:23.510 --> 00:08:26.750 Anne milling oppenberg That

NOTE Confidence: 0.699089050292969

00:08:26.750 --> 00:08:29.538 feeling forward. And then we go.

NOTE Confidence: 0.637316776173455

00:08:33.990 --> 00:08:41.272 Hello. Illinois.'

NOTE Confidence: 0.637316776173455

00:08:41.272 --> 00:08:52.195 Center out Now

NOTE Confidence: 0.637316776173455

00:08:52.195 --> 00:09:00.360 in heaven. Thanks him.

NOTE Confidence: 0.6864333152771

00:09:22.590 --> 00:09:24.642 Elmo circle up interlace,

NOTE Confidence: 0.6864333152771

00:09:24.642 --> 00:09:29.121 or press up out, inside and out.

NOTE Confidence: 0.6864333152771

00:09:29.121 --> 00:09:32.349 Weather outside in front.

NOTE Confidence: 0.6864333152771

00:09:32.350 --> 00:09:34.870 After silent about.

NOTE Confidence: 0.6864333152771

00:09:34.870 --> 00:09:37.390 Sign in front.

NOTE Confidence: 0.6864333152771

00:09:37.390 --> 00:09:42.090 Actually. Inhale.

NOTE Confidence: 0.6864333152771

00:09:42.090 --> 00:09:47.410 Taxi on. Anyway.

NOTE Confidence: 0.6864333152771

00:09:47.410 --> 00:09:51.835 They will celebrate

NOTE Confidence: 0.6864333152771

00:09:51.835 --> 00:09:57.735 the feed engine fault.

NOTE Confidence: 0.6864333152771

00:09:57.740 --> 00:09:59.960 Black sailing in India.

NOTE Confidence: 0.782737135887146

00:10:20.100 --> 00:10:21.936 And then we have the children

NOTE Confidence: 0.782737135887146

00:10:21.936 --> 00:10:24.330 out it up in another center.

NOTE Confidence: 0.782737135887146

00:10:24.330 --> 00:10:26.410 Actually a little better now.

NOTE Confidence: 0.680522620677948

00:10:37.450 --> 00:10:47.782 will come out. And never will.

NOTE Confidence: 0.680522620677948

00:10:47.782 --> 00:10:49.966 And then from here we're going

NOTE Confidence: 0.680522620677948

00:10:49.966 --> 00:10:52.122 to settle onto left and lift

NOTE Confidence: 0.680522620677948

00:10:52.122 --> 00:10:54.580 the right leg up and released.

NOTE Confidence: 0.684455811977386

00:11:03.060 --> 00:11:12.980 Yeah.

NOTE Confidence: 0.730889737606049

00:11:31.450 --> 00:11:33.640 Yellow was subtle. Lift the right

NOTE Confidence: 0.730889737606049

00:11:33.640 --> 00:11:35.478 leg, upper Gamble shifted out.

NOTE Confidence: 0.310185968875885

00:11:42.300 --> 00:11:43.610 Forward.

NOTE Confidence: 0.640669524669647

00:11:53.720 --> 00:11:55.709 And then left.

NOTE Confidence: 0.720480382442474

00:12:03.080 --> 00:12:04.349 Feeling over there.

NOTE Confidence: 0.656205177307129

00:12:12.860 --> 00:12:17.940 They will settle into balance. Coupons.

NOTE Confidence: 0.566103518009186

00:12:23.170 --> 00:12:26.830 Change the fingers.

NOTE Confidence: 0.786348700523376

00:12:32.460 --> 00:12:33.609 Back of hands.

NOTE Confidence: 0.56630551815033

00:12:39.860 --> 00:12:45.340 Breasts.

NOTE Confidence: 0.451318770647049

00:12:54.150 --> 00:12:56.430 Elbows

NOTE Confidence: 0.819755434989929

00:13:05.810 --> 00:13:06.920 Shoulders.

NOTE Confidence: 0.72096174955368

00:13:18.990 --> 00:13:20.060 Lower back.

NOTE Confidence: 0.174864560365677

00:13:24.910 --> 00:13:27.630 Hips.

NOTE Confidence: 0.59873229265213

00:13:33.920 --> 00:13:34.690 News.

NOTE Confidence: 0.651142120361328

00:13:41.140 --> 00:13:42.080 Angles.

NOTE Confidence: 0.737644195556641

00:13:46.190 --> 00:13:50.270 And then slowly come up.

NOTE Confidence: 0.739624261856079

00:13:56.470 --> 00:14:01.580 Now we're going to be having the.

NOTE Confidence: 0.739624261856079

00:14:01.580 --> 00:14:03.530 Fans working with old men.

NOTE Confidence: 0.739624261856079

00:14:03.530 --> 00:14:06.350 Sophie did with distance apart.

NOTE Confidence: 0.739624261856079

00:14:06.350 --> 00:14:09.332 Oh Yep, squad back to said was

NOTE Confidence: 0.739624261856079

00:14:09.332 --> 00:14:12.799 that he is not beyond the toes,

NOTE Confidence: 0.739624261856079

00:14:12.800 --> 00:14:15.958 shoulders and hips lining up. Yes, I.

NOTE Confidence: 0.739624261856079

00:14:15.958 --> 00:14:19.950 Head level talking at the roof of your mouth.

NOTE Confidence: 0.739624261856079

00:14:19.950 --> 00:14:25.220 Right? Come to the center.

NOTE Confidence: 0.739624261856079

00:14:25.220 --> 00:14:27.320 They're only going to.

NOTE Confidence: 0.739624261856079

00:14:27.320 --> 00:14:30.800 We feel equal on that foot.

NOTE Confidence: 0.739624261856079

00:14:30.800 --> 00:14:33.752 Who are left but?

NOTE Confidence: 0.739624261856079

00:14:33.752 --> 00:14:39.158 Her shoulders, hips and had level.

NOTE Confidence: 0.739624261856079

00:14:39.160 --> 00:14:41.620 Thanks man.

NOTE Confidence: 0.739624261856079

00:14:41.620 --> 00:14:44.080 And then.

NOTE Confidence: 0.739624261856079

00:14:44.080 --> 00:14:51.786 Really amazing

NOTE Confidence: 0.739624261856079

00:14:51.786 --> 00:14:55.639 balance.

NOTE Confidence: 0.737683475017548

00:15:01.190 --> 00:15:02.978 No salons right then.

NOTE Confidence: 0.737683475017548

00:15:02.978 --> 00:15:05.660 Left knee forward and then just

NOTE Confidence: 0.737683475017548

00:15:05.746 --> 00:15:07.936 extend the heel to ground.

NOTE Confidence: 0.737683475017548

00:15:07.940 --> 00:15:10.640 Sitting back into the settings hands.

NOTE Confidence: 0.737683475017548

00:15:10.640 --> 00:15:16.780 Sorry, already $5. Boss man.

NOTE Confidence: 0.737683475017548

00:15:16.780 --> 00:15:19.888 Who is it bad to rotate?

NOTE Confidence: 0.737683475017548

00:15:19.890 --> 00:15:21.542 Give me a promise.

NOTE Confidence: 0.737683475017548

00:15:21.542 --> 00:15:24.470 Being wealthy than his shoulders and then.

NOTE Confidence: 0.737683475017548

00:15:24.470 --> 00:15:30.938 Helix. I look forward.

NOTE Confidence: 0.737683475017548

00:15:30.940 --> 00:15:33.868 Before the most ants and listening.

NOTE Confidence: 0.809849123160044

00:15:36.030 --> 00:15:39.655 Opening slightly. Should be across

NOTE Confidence: 0.809849123160044

00:15:39.655 --> 00:15:45.840 easily getting over there. Not you.

NOTE Confidence: 0.809849123160044

00:15:45.840 --> 00:15:48.666 Continue with this much true mission.

NOTE Confidence: 0.720395565032959

00:16:03.590 --> 00:16:07.195 And if they are at home for

NOTE Confidence: 0.720395565032959

00:16:07.195 --> 00:16:10.288 one more step, please take it.

NOTE Confidence: 0.738958835601807

00:16:20.290 --> 00:16:21.886 Tell Emily's good. Alright,

NOTE Confidence: 0.738958835601807

00:16:21.886 --> 00:16:24.802 let me just follow me along with

NOTE Confidence: 0.738958835601807

00:16:24.802 --> 00:16:27.037 the same thing when instruction.

NOTE Confidence: 0.738958835601807

00:16:27.040 --> 00:16:34.710 So. Step behind. Yeah, right?

NOTE Confidence: 0.657939553260803

00:16:37.660 --> 00:16:41.320 Play extends. For example.

NOTE Confidence: 0.533161282539368

00:16:44.000 --> 00:16:45.140 In summer.

NOTE Confidence: 0.359964691102505

00:16:47.630 --> 00:16:57.378 Uh. Summer. And for.

NOTE Confidence: 0.359964691102505

00:16:57.380 --> 00:17:03.240 And. And then here. Excellent.

NOTE Confidence: 0.896745085716248

00:17:29.180 --> 00:17:32.170 If you have room for one more will do that.

NOTE Confidence: 0.5788822889328

00:17:42.040 --> 00:17:47.590 Being welcome. And from this.

NOTE Confidence: 0.5788822889328

00:17:47.590 --> 00:17:51.461 Times you walking war going too fast

NOTE Confidence: 0.5788822889328

00:17:51.461 --> 00:17:56.138 you work. When selling to ride.

NOTE Confidence: 0.5788822889328

00:17:56.140 --> 00:18:00.188 Then Forward very well versus.

NOTE Confidence: 0.767527043819427

00:18:03.360 --> 00:18:06.010 Here's we rotate the arms.

NOTE Confidence: 0.767527043819427

00:18:06.010 --> 00:18:11.140 Yeah, there in the name. Across.

NOTE Confidence: 0.594587504863739

00:18:13.860 --> 00:18:16.530 Ellen forward.

NOTE Confidence: 0.783582806587219

00:18:18.860 --> 00:18:22.940 Down again spelling together.

NOTE Confidence: 0.783582806587219

00:18:22.940 --> 00:18:32.220 Left him. Battling. World. Text nailing

NOTE Confidence: 0.47439569234848

00:18:35.180 --> 00:18:41.660 Then

NOTE Confidence: 0.884834051132202

00:18:45.220 --> 00:18:46.654 Or continue for a few more

NOTE Confidence: 0.884834051132202

00:18:46.654 --> 00:18:48.210 steps if you have the space.

NOTE Confidence: 0.769043773412704

00:19:01.900 --> 00:19:09.508 And then. My follow me through going back.

NOTE Confidence: 0.653487741947174

00:19:12.780 --> 00:19:13.480 Hello.

NOTE Confidence: 0.56594854593277

00:19:21.070 --> 00:19:22.758 Already well versus made.

NOTE Confidence: 0.119162730872631

00:19:26.100 --> 00:19:35.840 Hi.

NOTE Confidence: 0.63214834779501

00:19:44.750 --> 00:19:53.830 Well. You Y transpose wings rotating to sell.

NOTE Confidence: 0.63214834779501

00:19:53.830 --> 00:19:58.079 Going to sell to the other side.

NOTE Confidence: 0.63214834779501

00:19:58.080 --> 00:20:03.240 That's great. But we have to go out.

NOTE Confidence: 0.63214834779501

00:20:03.240 --> 00:20:09.200 Translate to laugh laugh.

NOTE Confidence: 0.63214834779501

00:20:09.200 --> 00:20:11.372 Right as you reached out about

NOTE Confidence: 0.63214834779501

00:20:11.372 --> 00:20:14.518 look forward, stand here. Russian

NOTE Confidence: 0.56413346529007

00:20:17.790 --> 00:20:23.138 There. Battle and open. Check your problem.

NOTE Confidence: 0.696925016549917

00:20:25.930 --> 00:20:29.416 There. Name for. Yeah. You got room

NOTE Confidence: 0.696925016549917

00:20:29.416 --> 00:20:32.988 for one more relativ that stuff.

NOTE Confidence: 0.700426873038797

00:20:41.610 --> 00:20:45.876 Now I will. No, do it again a distraction

NOTE Confidence: 0.700426873038797

00:20:45.876 --> 00:20:52.130 so you can see them give me aside. So.

NOTE Confidence: 0.700426873038797

00:20:52.130 --> 00:20:57.708 But you're high. She have to cross.

NOTE Confidence: 0.700426873038797

00:20:57.710 --> 00:21:03.720 They understand. Forward. His name

NOTE Confidence: 0.572739362716675

00:21:28.300 --> 00:21:31.160 Morning well versus Maine.

NOTE Confidence: 0.572739362716675

00:21:31.160 --> 00:21:33.770 Then two white men spreads wings.

NOTE Confidence: 0.734611511230469

00:21:35.830 --> 00:21:53.270 Brush

NOTE Confidence: 0.355455189943314

00:22:01.670 --> 00:22:07.500 Brush meters.

NOTE Confidence: 0.606112390756607

00:22:14.100 --> 00:22:21.618 Drive these wisdom. And I'm really.

NOTE Confidence: 0.606112390756607

00:22:21.620 --> 00:22:23.828 But before the break I'm gonna show you

NOTE Confidence: 0.606112390756607

00:22:23.828 --> 00:22:26.228 from the side so we could do it with me.

NOTE Confidence: 0.606112390756607

00:22:26.230 --> 00:22:31.510 Same direction or just watch. So.

NOTE Confidence: 0.969091951847076

00:22:31.510 --> 00:22:51.790 Already.

NOTE Confidence: 0.384496182203293

00:23:03.280 --> 00:23:05.020 Party.

NOTE Confidence: 0.744096696376801

00:23:17.580 --> 00:23:22.984 How are you? And continue that

NOTE Confidence: 0.744096696376801

00:23:22.984 --> 00:23:25.696 rotation saddling to laugh.

NOTE Confidence: 0.744096696376801

00:23:25.700 --> 00:23:29.720 Location setting tonight.

NOTE Confidence: 0.744096696376801

00:23:29.720 --> 00:23:31.580 1 quintillion spreads wings.

NOTE Confidence: 0.665530323982239

00:23:43.770 --> 00:23:45.058 Trust me, trust me.

NOTE Confidence: 0.596406877040863

00:23:56.810 --> 00:23:58.470 Rush things with her.

NOTE Confidence: 0.45128071308136

00:24:06.990 --> 00:24:13.170 Lim Twister.

NOTE Confidence: 0.817274510860443

00:24:13.170 --> 00:24:16.306 Hello, come across again to the left.

NOTE Confidence: 0.817274510860443

00:24:16.310 --> 00:24:18.530 And will settle into strongly.

NOTE Confidence: 0.584764659404755

00:24:22.060 --> 00:24:26.878 Never, never release. You got 5 minutes,

NOTE Confidence: 0.584764659404755

00:24:26.878 --> 00:24:29.537 you drink or whatever you need to

NOTE Confidence: 0.584764659404755

00:24:29.537 --> 00:24:31.980 do and will start again. Thank you.

NOTE Confidence: 0.931829929351807

00:30:25.940 --> 00:30:26.920 All right?

NOTE Confidence: 0.812266409397125

00:30:47.470 --> 00:30:50.584 So I'm going to just give you a stand

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NOTE Confidence: 0.812266409397125

00:30:50.584 --> 00:30:53.786 back here so you can see my feet going

NOTE Confidence: 0.812266409397125

00:30:53.786 --> 00:30:56.955 to begin at the beginning of the form.

NOTE Confidence: 0.812266409397125

00:30:56.960 --> 00:30:59.150 So it's called commencement of Taiji.

NOTE Confidence: 0.812266409397125

00:30:59.150 --> 00:31:01.719 So facing this way to begin with.

NOTE Confidence: 0.812266409397125

00:31:01.720 --> 00:31:03.916 For the front of the theater,

NOTE Confidence: 0.812266409397125

00:31:03.920 --> 00:31:07.205 separated or lining up the news by your side.

NOTE Confidence: 0.812266409397125

00:31:07.210 --> 00:31:11.150 Well. A gauging balance between both

NOTE Confidence: 0.812266409397125

00:31:11.150 --> 00:31:14.662 feet and legs, hips and shoulders arms.

NOTE Confidence: 0.812266409397125

00:31:14.662 --> 00:31:16.754 Lime into the Crown.

NOTE Confidence: 0.812266409397125

00:31:16.760 --> 00:31:20.630 Top the Stein. Tell them.

NOTE Confidence: 0.812266409397125

00:31:20.630 --> 00:31:24.199 Neck. Based in July,

NOTE Confidence: 0.812266409397125

00:31:24.199 --> 00:31:27.150 ox tongue at the roof of your mouth.

NOTE Confidence: 0.812266409397125

00:31:27.150 --> 00:31:28.200 The interval.

NOTE Confidence: 0.830962359905243

00:31:32.980 --> 00:31:36.996 And then looks down the back and legs.

NOTE Confidence: 0.830962359905243

00:31:37.000 --> 00:31:38.964 Then the brownies will

NOTE Confidence: 0.830962359905243

00:31:38.964 --> 00:31:41.419 settle on the right foot.

NOTE Confidence: 0.830962359905243

00:31:41.420 --> 00:31:44.650 I need a love for drift out to the side.

NOTE Confidence: 0.830962359905243

00:31:44.650 --> 00:31:47.080 Another reason in the coming

NOTE Confidence: 0.830962359905243

00:31:47.080 --> 00:31:49.024 back toward the center.

NOTE Confidence: 0.830962359905243

00:31:49.030 --> 00:31:52.135 And then once we were back toward the center,

NOTE Confidence: 0.830962359905243

00:31:52.140 --> 00:31:54.174 we're going to allow the shoulder

NOTE Confidence: 0.830962359905243

00:31:54.174 --> 00:31:55.950 blades draw toward each other,

NOTE Confidence: 0.830962359905243

00:31:55.950 --> 00:31:58.746 and as the Hipc Kwandebele drawback

NOTE Confidence: 0.830962359905243

00:31:58.746 --> 00:32:01.000 would stretch those arms out.

NOTE Confidence: 0.830962359905243

00:32:01.000 --> 00:32:03.976 To feel the back opening up

NOTE Confidence: 0.830962359905243

00:32:03.976 --> 00:32:06.760 another wanna bend the elbows.

NOTE Confidence: 0.830962359905243

00:32:06.760 --> 00:32:08.239 7 two evenly.

NOTE Confidence: 0.830962359905243

00:32:08.239 --> 00:32:09.718 From conventional time,

NOTE Confidence: 0.830962359905243

00:32:09.720 --> 00:32:12.834 try will look to the left and shift to

NOTE Confidence: 0.830962359905243

00:32:12.834 --> 00:32:15.849 left clothes in the final right foot.

NOTE Confidence: 0.830962359905243

00:32:15.850 --> 00:32:18.554 As we settle over that bed right me,

NOTE Confidence: 0.830962359905243

00:32:18.560 --> 00:32:21.590 the left arm goes down across.

NOTE Confidence: 0.830962359905243

00:32:21.590 --> 00:32:23.530 Well, people turn was in,

NOTE Confidence: 0.830962359905243

00:32:23.530 --> 00:32:25.846 there was told to write without

NOTE Confidence: 0.830962359905243

00:32:25.846 --> 00:32:27.004 left leg extended.

NOTE Confidence: 0.830962359905243

00:32:27.010 --> 00:32:28.940 Helen Harding wild horses mane.

NOTE Confidence: 0.665543973445892

00:32:31.030 --> 00:32:34.590 From there we rotate.

NOTE Confidence: 0.665543973445892

00:32:34.590 --> 00:32:37.282 So that left leg.

NOTE Confidence: 0.665543973445892

00:32:37.282 --> 00:32:39.974 Where is shifter problems?

NOTE Confidence: 0.665543973445892

00:32:39.980 --> 00:32:42.758 We just put it in Italy.

NOTE Confidence: 0.665543973445892

00:32:42.760 --> 00:32:46.054 Then we will be extending the

NOTE Confidence: 0.665543973445892

00:32:46.054 --> 00:32:49.829 heel and Horny Wild versus Maine.

NOTE Confidence: 0.665543973445892

00:32:49.830 --> 00:32:52.300 They don't do that again.

NOTE Confidence: 0.665543973445892

00:32:52.300 --> 00:32:54.988 Then rotates out open.

NOTE Confidence: 0.665543973445892

00:32:54.988 --> 00:32:57.004 The pickup trucks.

NOTE Confidence: 0.6000072145462036

00:32:59.060 --> 00:33:02.311 Bring this, let's throw. Hello.

NOTE Confidence: 0.6000072145462036

00:33:02.311 --> 00:33:05.377 And then from there already going

NOTE Confidence: 0.600072145462036

00:33:05.377 --> 00:33:07.586 to White Plains, Pennsylvania is

NOTE Confidence: 0.600072145462036

00:33:07.586 --> 00:33:09.614 rotated to settle to the left,

NOTE Confidence: 0.600072145462036

00:33:09.620 --> 00:33:13.060 bring the right foot out until it's done.

NOTE Confidence: 0.600072145462036

00:33:13.060 --> 00:33:16.548 Not shifting across rotating.

NOTE Confidence: 0.600072145462036

00:33:16.550 --> 00:33:17.837 Spelling too right?

NOTE Confidence: 0.600072145462036

00:33:17.837 --> 00:33:21.552 Turn in the ways that the center is not

NOTE Confidence: 0.600072145462036

00:33:21.552 --> 00:33:24.890 the left to go out with the arm separate.

NOTE Confidence: 0.600072145462036

00:33:24.890 --> 00:33:27.730 Being to the right all

NOTE Confidence: 0.600072145462036

00:33:27.730 --> 00:33:30.002 through a crane's wrestling.

NOTE Confidence: 0.600072145462036

00:33:30.010 --> 00:33:31.558 And then again.

NOTE Confidence: 0.600072145462036

00:33:31.558 --> 00:33:34.138 Then he'll phone and then

NOTE Confidence: 0.600072145462036

00:33:34.138 --> 00:33:36.030 brushed into a stand.

NOTE Confidence: 0.87333357334137

00:33:38.750 --> 00:33:41.478 Don't do that again.

NOTE Confidence: 0.87333357334137

00:33:41.480 --> 00:33:44.510 It's settled open.

NOTE Confidence: 0.87333357334137

00:33:44.510 --> 00:33:48.214 Shifted crowds Turn left arm reaches

NOTE Confidence: 0.87333357334137

00:33:48.214 --> 00:33:50.319 enough right foot goes through.

NOTE Confidence: 0.87333357334137

00:33:50.320 --> 00:33:51.628 Russian twist up.

NOTE Confidence: 0.849915325641632

00:33:53.940 --> 00:33:57.826 Yeah, I won't do that again. Open.

NOTE Confidence: 0.849915325641632

00:33:57.826 --> 00:34:03.874 If you cross reach out for the ride.

NOTE Confidence: 0.849915325641632

00:34:03.880 --> 00:34:06.688 Love deals new brush dangerous stuff.

NOTE Confidence: 0.849915325641632

00:34:06.690 --> 00:34:08.740 And then coming across and

NOTE Confidence: 0.849915325641632

00:34:08.740 --> 00:34:10.790 through over to the left.

NOTE Confidence: 0.849915325641632

00:34:10.790 --> 00:34:13.219 Rifle comes out and as you said,

NOTE Confidence: 0.849915325641632

00:34:13.220 --> 00:34:15.632 strong alone when the left handers

NOTE Confidence: 0.849915325641632

00:34:15.632 --> 00:34:18.350 are left heel is out the hand.

NOTE Confidence: 0.849915325641632

00:34:18.350 --> 00:34:20.978 From the album. Unless you want

NOTE Confidence: 0.849915325641632

00:34:20.978 --> 00:34:24.320 to go into next addition called.

NOTE Confidence: 0.849915325641632

00:34:24.320 --> 00:34:26.072 From Old Smokey room,

NOTE Confidence: 0.849915325641632

00:34:26.072 --> 00:34:28.111 stay settled too, right?

NOTE Confidence: 0.849915325641632

00:34:28.111 --> 00:34:31.716 But the arms out evenly.

NOTE Confidence: 0.849915325641632

00:34:31.720 --> 00:34:35.750 Right now is facing forward.

NOTE Confidence: 0.849915325641632

00:34:35.750 --> 00:34:37.645 Left turn heel comes through

NOTE Confidence: 0.849915325641632

00:34:37.645 --> 00:34:40.420 and on the back and sit there.

NOTE Confidence: 0.849915325641632

00:34:40.420 --> 00:34:42.812 Readjusting that right foot.

NOTE Confidence: 0.849915325641632

00:34:42.812 --> 00:34:46.400 And then staying self left second.

NOTE Confidence: 0.692638993263245

00:34:49.170 --> 00:34:53.132 So only able to sit back and

NOTE Confidence: 0.692638993263245

00:34:53.132 --> 00:34:58.670 settling to the right. She got out.

NOTE Confidence: 0.692638993263245

00:34:58.670 --> 00:35:03.980 Going back to the center. Sitting down.

NOTE Confidence: 0.692638993263245

00:35:03.980 --> 00:35:06.770 More smartly and say anything.

NOTE Confidence: 0.488134771585464

00:35:11.130 --> 00:35:15.012 Propose Monkey. And then we're going

NOTE Confidence: 0.488134771585464

00:35:15.012 --> 00:35:17.980 to settle to the right from the paper,

NOTE Confidence: 0.488134771585464

00:35:17.980 --> 00:35:21.796 wasting the right arm up and left him down.

NOTE Confidence: 0.488134771585464

00:35:21.800 --> 00:35:25.290 Back and forth and I'm super high, right?

NOTE Confidence: 0.488134771585464

00:35:25.290 --> 00:35:28.306 Rotate to the center. Goodnight,

NOTE Confidence: 0.488134771585464

00:35:28.306 --> 00:35:32.338 I love you. Rotate to the center.

NOTE Confidence: 0.488134771585464

00:35:32.340 --> 00:35:34.650 Stay connected low on the right

NOTE Confidence: 0.488134771585464

00:35:34.650 --> 00:35:36.889 and then bring the arms up.

NOTE Confidence: 0.488134771585464

00:35:36.890 --> 00:35:39.443 I'm sorry boss.

NOTE Confidence: 0.488134771585464

00:35:39.443 --> 00:35:42.830 Wow 610 separate. Put down

NOTE Confidence: 0.691223899523417

00:35:44.850 --> 00:35:49.818 Hello World. But that's called grass.

NOTE Confidence: 0.691223899523417

00:35:49.820 --> 00:35:52.769 Hello hello really.

NOTE Confidence: 0.691223899523417

00:35:52.770 --> 00:35:55.394 But I'm gonna do it from the side

NOTE Confidence: 0.691223899523417

00:35:55.394 --> 00:35:58.490 so we could send one follow along.

NOTE Confidence: 0.668477058410645

00:36:08.120 --> 00:36:18.029 this way I'm facing this way even decide you.

NOTE Confidence: 0.668477058410645

00:36:18.030 --> 00:36:22.566 So heels together from the pizza up writing.

NOTE Confidence: 0.668477058410645

00:36:22.570 --> 00:36:25.471 Again, getting that.

NOTE Confidence: 0.668477058410645

00:36:25.471 --> 00:36:31.030 So some balance equanimity. Play.

NOTE Confidence: 0.668477058410645

00:36:31.030 --> 00:36:36.740 Release. Think about 3 rats.

NOTE Confidence: 0.668477058410645

00:36:36.740 --> 00:36:38.996 And I will stretch the back legs open.

NOTE Confidence: 0.696820974349976

00:36:41.090 --> 00:36:44.198 Then the frontal knees.

NOTE Confidence: 0.696820974349976

00:36:44.200 --> 00:36:47.270 Set alarms that right side.

NOTE Confidence: 0.696820974349976

00:36:47.270 --> 00:36:49.688 Laugh like drifting out to the

NOTE Confidence: 0.696820974349976

00:36:49.688 --> 00:36:53.770 side and suddenly. Coming across.

NOTE Confidence: 0.696820974349976

00:36:53.770 --> 00:36:56.580 Shoulder latest or each other.

NOTE Confidence: 0.696820974349976

00:36:56.580 --> 00:36:58.608 Where is the help snail drawback,

NOTE Confidence: 0.696820974349976

00:36:58.610 --> 00:37:01.390 the arms out and up?

NOTE Confidence: 0.696820974349976

00:37:01.390 --> 00:37:04.850 Vincent Battle position The work

NOTE Confidence: 0.696820974349976

00:37:04.850 --> 00:37:09.509 too love shift and rotate to laugh,

NOTE Confidence: 0.696820974349976

00:37:09.510 --> 00:37:11.750 not changing the left knee or leg,

NOTE Confidence: 0.696820974349976

00:37:11.750 --> 00:37:14.380 returning the right foot in.

NOTE Confidence: 0.696820974349976

00:37:14.380 --> 00:37:17.000 Coming across the road.

NOTE Confidence: 0.696820974349976

00:37:17.000 --> 00:37:18.310 Staying loudly.

NOTE Confidence: 0.696820974349976

00:37:18.310 --> 00:37:19.753 Across.

NOTE Confidence: 0.696820974349976

00:37:19.753 --> 00:37:22.639 Morning wildly.

NOTE Confidence: 0.829640984535217

00:37:25.060 --> 00:37:28.280 Ellen, sitting and rotating that.

NOTE Confidence: 0.829640984535217

00:37:28.280 --> 00:37:32.900 Opening up She had seen across.

NOTE Confidence: 0.618416011333466

00:37:36.820 --> 00:37:38.689 Already wild horses.

NOTE Confidence: 0.840787351131439

00:37:41.320 --> 00:37:45.098 And then again. Selling

NOTE Confidence: 0.840787351131439

00:37:45.098 --> 00:37:48.988 rotating over. If you promise.

NOTE Confidence: 0.63919929265976

00:37:51.440 --> 00:37:54.008 Although our growth.

NOTE Confidence: 0.63919929265976

00:37:54.008 --> 00:38:00.000 You know won't move into white grains,

NOTE Confidence: 0.63919929265976

00:38:00.000 --> 00:38:03.760 breads, wings. Half step up.

NOTE Confidence: 0.63919929265976

00:38:03.760 --> 00:38:07.798 A rotation to settle the separation.

NOTE Confidence: 0.910931706428528

00:38:10.000 --> 00:38:12.120 Continued rotation.

NOTE Confidence: 0.741457045078278

00:38:18.540 --> 00:38:21.303 And then setting up for brush meet with step.

NOTE Confidence: 0.497316062450409

00:38:31.410 --> 00:38:38.060 Lee twister.

NOTE Confidence: 0.571175038814545

00:38:50.030 --> 00:38:53.752 Brush new twister. I'm coming

NOTE Confidence: 0.571175038814545

00:38:53.752 --> 00:38:55.636 across in the struggling.

NOTE Confidence: 0.642356157302856

00:39:01.840 --> 00:39:05.948 Hello, opening into four.

NOTE Confidence: 0.766558766365051

00:39:36.480 --> 00:39:39.245 No, I will go into that first.

NOTE Confidence: 0.766558766365051

00:39:39.250 --> 00:39:41.254 Grass Bales Taylor drafting.

NOTE Confidence: 0.766558766365051

00:39:41.254 --> 00:39:43.904 Mix standing, even our movies

NOTE Confidence: 0.766558766365051

00:39:43.904 --> 00:39:46.644 laugh along came through right.

NOTE Confidence: 0.766558766365051

00:39:46.650 --> 00:39:50.558 Center left to connect.

NOTE Confidence: 0.766558766365051

00:39:50.560 --> 00:39:53.740 Wow. SunTrust right?

NOTE Confidence: 0.766558766365051

00:39:53.740 --> 00:39:55.860 Staying connected.

NOTE Confidence: 0.766558766365051

00:39:55.860 --> 00:39:59.091 How to satellite?

NOTE Confidence: 0.766558766365051

00:39:59.091 --> 00:40:03.760 Kohl's Cross extensively. Well.

NOTE Confidence: 0.517260313034058

00:40:06.050 --> 00:40:07.520 Ellen crossword

NOTE Confidence: 0.783587753772736

00:40:09.590 --> 00:40:11.654 And I will do the terms the other

NOTE Confidence: 0.783587753772736

00:40:11.654 --> 00:40:14.119 one so you can see it from the side.

NOTE Confidence: 0.783587753772736

00:40:14.120 --> 00:40:16.710 I will tell you that last forever.

NOTE Confidence: 0.783587753772736

00:40:16.710 --> 00:40:19.500 But the arms separated the little

NOTE Confidence: 0.783587753772736

00:40:19.500 --> 00:40:22.169 right angle Dallas radio turns in.

NOTE Confidence: 0.783587753772736

00:40:22.170 --> 00:40:25.608 Just across left heel turning back.

NOTE Confidence: 0.783587753772736

00:40:25.610 --> 00:40:27.908 Never said there.

NOTE Confidence: 0.783587753772736

00:40:27.910 --> 00:40:30.766 Bring the right foot forward across.

NOTE Confidence: 0.783587753772736

00:40:30.770 --> 00:40:32.804 Filling circling high.

NOTE Confidence: 0.783587753772736

00:40:32.804 --> 00:40:37.168 Rotate in the center. Connect Hello.

NOTE Confidence: 0.783587753772736

00:40:37.168 --> 00:40:40.464 Rotate the summer steak

NOTE Confidence: 0.783587753772736

00:40:40.464 --> 00:40:44.550 connected out the center line.

NOTE Confidence: 0.783587753772736

00:40:44.550 --> 00:40:45.692 Yes.

NOTE Confidence: 0.783587753772736

00:40:45.692 --> 00:40:49.118 Cross extend separate.

NOTE Confidence: 0.783587753772736

00:40:49.118 --> 00:40:50.260 Supply.

NOTE Confidence: 0.752622851303646

00:40:52.610 --> 00:40:57.335 Hello. And then we're going to turn,

NOTE Confidence: 0.752622851303646

00:40:57.340 --> 00:40:59.930 or what we call single.

NOTE Confidence: 0.752622851303646

00:40:59.930 --> 00:41:02.750 Send her was about.

NOTE Confidence: 0.752622851303646

00:41:02.750 --> 00:41:06.275 But former hurt with my

NOTE Confidence: 0.752622851303646

00:41:06.275 --> 00:41:09.469 fingers around right now.

NOTE Confidence: 0.752622851303646

00:41:09.470 --> 00:41:12.418 Left heel turns and.

NOTE Confidence: 0.752622851303646

00:41:12.418 --> 00:41:16.103 US Radio turning back now.

NOTE Confidence: 0.752622851303646

00:41:16.110 --> 00:41:19.792 There. Regular mustard

NOTE Confidence: 0.752622851303646

00:41:19.792 --> 00:41:22.697 for now and then single.

NOTE Confidence: 0.70846027135849

00:41:24.750 --> 00:41:29.892 And I'm overly. And they

NOTE Confidence: 0.70846027135849

00:41:29.892 --> 00:41:34.200 would put that altogether. No.

NOTE Confidence: 0.462118715047836

00:41:37.980 --> 00:41:44.800 Old again. Facing this way, 'cause

NOTE Confidence: 0.462118715047836

00:41:44.800 --> 00:41:48.330 we're doing 90 degree turn. Set fire.

NOTE Confidence: 0.768863916397095

00:41:51.340 --> 00:41:54.320 Fairlanes relax catch a breath.

NOTE Confidence: 0.844621479511261

00:42:00.230 --> 00:42:01.780 Going to extend the legs.

NOTE Confidence: 0.545956254005432

00:42:03.940 --> 00:42:07.350 Felonies?

NOTE Confidence: 0.688391029834747

00:42:10.490 --> 00:42:16.058 Celebrate. That'll. Come even later.

NOTE Confidence: 0.850414216518402

00:42:19.160 --> 00:42:21.960 Shoulder blades toward each other.

NOTE Confidence: 0.850414216518402

00:42:21.960 --> 00:42:26.708 Hello. Epson able drawback.

NOTE Confidence: 0.850414216518402

00:42:26.708 --> 00:42:29.291 Arm stretch out. Ellen,

NOTE Confidence: 0.850414216518402

00:42:29.291 --> 00:42:31.746 settling into from compassionate IG.

NOTE Confidence: 0.850414216518402

00:42:31.750 --> 00:42:36.910 Then we're going to move over. Wow.

NOTE Confidence: 0.637863516807556

00:42:41.210 --> 00:42:49.060 His

NOTE Confidence: 0.637863516807556

00:42:49.060 --> 00:42:56.910 name

NOTE Confidence: 0.582298398017883

00:43:12.900 --> 00:43:18.360 Cardi wild horses name.

NOTE Confidence: 0.582298398017883

00:43:18.360 --> 00:43:20.872 Moving into that rotation,

NOTE Confidence: 0.582298398017883

00:43:20.872 --> 00:43:24.012 settling to bring the right.

NOTE Confidence: 0.582298398017883

00:43:24.020 --> 00:43:28.952 Rotation. They settled right?

NOTE Confidence: 0.582298398017883

00:43:28.952 --> 00:43:33.884 Select the left button

NOTE Confidence: 0.582298398017883

00:43:33.884 --> 00:43:37.120 pressed down. Vacation.

NOTE Confidence: 0.55454421043396

00:43:43.550 --> 00:43:45.170 Ellen brush, me twister.

NOTE Confidence: 0.411873400211334

00:43:56.790 --> 00:44:00.009 to a step.

NOTE Confidence: 0.632087409496307

00:44:14.950 --> 00:44:17.251 Rush new twister.

NOTE Confidence: 0.632087409496307

00:44:17.251 --> 00:44:20.319 Feeling coming across so.

NOTE Confidence: 0.632087409496307

00:44:20.320 --> 00:44:25.540 And then standing across Stromboli.

NOTE Confidence: 0.632087409496307

00:44:25.540 --> 00:44:30.380 And. Going through four times.

NOTE Confidence: 0.320717990398407

00:44:33.940 --> 00:44:35.250 1.

NOTE Confidence: 0.646741092205048

00:44:40.720 --> 00:44:45.600 Hello.

NOTE Confidence: 0.493061780929565

00:44:55.450 --> 00:44:56.260 Bing.

NOTE Confidence: 0.673489153385162

00:45:04.580 --> 00:45:08.836 Or in another restaurants to help her side.

NOTE Confidence: 0.651489675045013

00:45:11.210 --> 00:45:12.119 There are going.

NOTE Confidence: 0.53966972231865

00:45:15.560 --> 00:45:18.450 Nothing. There.

NOTE Confidence: 0.567316293716431

00:45:21.610 --> 00:45:32.030 Call Troy Crossing. The better.

NOTE Confidence: 0.567316293716431

00:45:32.030 --> 00:45:37.268 Hello. Boy And then we'll do

NOTE Confidence: 0.567316293716431

00:45:37.268 --> 00:45:40.688 the term. They had no tea.

NOTE Confidence: 0.605806469917297

00:45:42.970 --> 00:45:46.800 Hand down this right here.

NOTE Confidence: 0.605806469917297

00:45:46.800 --> 00:45:53.606 Yeah. So bad. Crossing forward.

NOTE Confidence: 0.605806469917297

00:45:53.606 --> 00:45:58.378 Rotate and come back.

NOTE Confidence: 0.627898693084717

00:46:00.550 --> 00:46:07.638 Low rotate, stay connected. Up Outward

NOTE Confidence: 0.627898693084717

00:46:07.638 --> 00:46:12.370 halls cross extends separate. But

NOTE Confidence: 0.786229074001312

00:46:14.430 --> 00:46:16.120 And then press for me.

NOTE Confidence: 0.862739682197571

00:46:18.560 --> 00:46:23.258 And then we'll go into single.

NOTE Confidence: 0.862739682197571

00:46:23.260 --> 00:46:27.448 For work whole book.

NOTE Confidence: 0.586229085922241

00:46:29.590 --> 00:46:30.670 And you.

NOTE Confidence: 0.357399374246597

00:46:32.940 --> 00:46:33.830 Spell.

NOTE Confidence: 0.724098026752472

00:46:36.850 --> 00:46:41.056 Or across and for single word.

NOTE Confidence: 0.724098026752472

00:46:41.060 --> 00:46:46.090 Cloud and they left open,

NOTE Confidence: 0.724098026752472

00:46:46.090 --> 00:46:48.805 right? That's right.

NOTE Confidence: 0.724098026752472

00:46:48.805 --> 00:46:53.330 Was left open right hand.

NOTE Confidence: 0.724098026752472

00:46:53.330 --> 00:46:55.070 You look so ugly.

NOTE Confidence: 0.724098026752472

00:46:55.070 --> 00:46:58.010 Bring the rifle parallel right hand up.

NOTE Confidence: 0.724098026752472

00:46:58.010 --> 00:47:00.308 That's the first one coming across.

NOTE Confidence: 0.639210522174835

00:47:07.190 --> 00:47:08.240 Second one.

NOTE Confidence: 0.632247567176819

00:47:10.270 --> 00:47:11.290 Command prompt.

NOTE Confidence: 0.792580306529999

00:47:15.320 --> 00:47:22.418 31 Translate informed about all the book.

NOTE Confidence: 0.792580306529999

00:47:22.420 --> 00:47:24.416 Neil is saying well.

NOTE Confidence: 0.792580306529999

00:47:24.416 --> 00:47:28.063 So we went into high battle horse

NOTE Confidence: 0.792580306529999

00:47:28.063 --> 00:47:31.357 rotating to the left turn left,

NOTE Confidence: 0.792580306529999

00:47:31.360 --> 00:47:33.568 right hand opens up his right,

NOTE Confidence: 0.792580306529999

00:47:33.570 --> 00:47:35.985 but it comes up slightly and then

NOTE Confidence: 0.792580306529999

00:47:35.985 --> 00:47:38.718 sit back to the right right hand.

NOTE Confidence: 0.792580306529999

00:47:38.720 --> 00:47:41.942 I left hand low and then from here we're

NOTE Confidence: 0.792580306529999

00:47:41.942 --> 00:47:44.649 going to go into the separate legs.

NOTE Confidence: 0.792580306529999

00:47:44.650 --> 00:47:45.679 Yeah, that right?

NOTE Confidence: 0.792580306529999

00:47:45.679 --> 00:47:47.737 Like turn the left heel in.

NOTE Confidence: 0.792580306529999

00:47:47.740 --> 00:47:50.868 The pain slightly bringing left him up on

NOTE Confidence: 0.792580306529999

00:47:50.868 --> 00:47:53.919 the inside extended healed to sit right,

NOTE Confidence: 0.792580306529999

00:47:53.920 --> 00:47:57.790 both palms facing out. Subway.

NOTE Confidence: 0.792580306529999

00:47:57.790 --> 00:48:02.380 Look right as you found slightly.

NOTE Confidence: 0.792580306529999

00:48:02.380 --> 00:48:03.940 Looks like you're going

NOTE Confidence: 0.792580306529999

00:48:03.940 --> 00:48:05.500 into a sitting stance,

NOTE Confidence: 0.792580306529999

00:48:05.500 --> 00:48:09.010 but then bring the leg up and step right,

NOTE Confidence: 0.792580306529999

00:48:09.010 --> 00:48:09.756 right, left.

NOTE Confidence: 0.792580306529999

00:48:09.756 --> 00:48:11.248 To heal the honesty,

NOTE Confidence: 0.792580306529999

00:48:11.250 --> 00:48:13.266 arms go down and probably that

NOTE Confidence: 0.792580306529999

00:48:13.266 --> 00:48:15.999 will come in to Twin Peaks others.

NOTE Confidence: 0.744338631629944

00:48:19.380 --> 00:48:22.090 Hello, open up your fingers.

29

NOTE Confidence: 0.70988941192627

00:48:24.620 --> 00:48:26.812 We're looking into left.

NOTE Confidence: 0.70988941192627

00:48:26.812 --> 00:48:30.811 Rotate that right for them shift across

NOTE Confidence: 0.70988941192627

00:48:30.811 --> 00:48:35.690 engine fold, unfold as if you're gonna set.

NOTE Confidence: 0.70988941192627

00:48:35.690 --> 00:48:38.854 And then sat on the left foot

NOTE Confidence: 0.70988941192627

00:48:38.854 --> 00:48:42.428 right here in a hook left handled.

NOTE Confidence: 0.70988941192627

00:48:42.430 --> 00:48:45.790 We're gonna take that through from.

NOTE Confidence: 0.70988941192627

00:48:45.790 --> 00:48:49.780 From the. Single whip into hype at

NOTE Confidence: 0.70988941192627

00:48:49.780 --> 00:48:52.539 the horse is the second single bit.

NOTE Confidence: 0.70988941192627

00:48:52.540 --> 00:48:56.866 I just did that, can similar.

NOTE Confidence: 0.70988941192627

00:48:56.870 --> 00:48:59.240 Again. Yes.

NOTE Confidence: 0.563103258609772

00:49:02.460 --> 00:49:07.030 Sitting back back into hyper.

NOTE Confidence: 0.563103258609772

00:49:07.030 --> 00:49:10.562 Look like. In traffic.

NOTE Confidence: 0.563103258609772

00:49:10.562 --> 00:49:14.094 And then I'll turn.

NOTE Confidence: 0.563103258609772

00:49:14.100 --> 00:49:19.860 Forward look like. Engine fall.

NOTE Confidence: 0.563103258609772

00:49:19.860 --> 00:49:25.820 Unfold. We cross bring the Lego.

NOTE Confidence: 0.563103258609772

00:49:25.820 --> 00:49:28.240 Elbow in line with me.

NOTE Confidence: 0.563103258609772

00:49:28.240 --> 00:49:29.938 And then set the heel down.

NOTE Confidence: 0.563103258609772

00:49:29.940 --> 00:49:33.648 His arms go on either side of the frontline.

NOTE Confidence: 0.563103258609772

00:49:33.650 --> 00:49:35.894 Forward ordering tests.

NOTE Confidence: 0.563103258609772

00:49:35.894 --> 00:49:39.634 Coming up into 27 years.

NOTE Confidence: 0.563103258609772

00:49:39.640 --> 00:49:43.488 Outstanding back to open.

NOTE Confidence: 0.563103258609772

00:49:43.490 --> 00:49:45.820 Turn on the front end.

NOTE Confidence: 0.563103258609772

00:49:45.820 --> 00:49:51.068 Shifting across. Engine fault.

NOTE Confidence: 0.563103258609772

00:49:51.068 --> 00:49:54.380 Underfell Great love.

NOTE Confidence: 0.563103258609772

00:49:54.380 --> 00:49:56.156 Translate creeps up.

NOTE Confidence: 0.563103258609772

00:49:56.156 --> 00:49:59.116 So we're sitting on that.

NOTE Confidence: 0.563103258609772

00:49:59.120 --> 00:50:00.950 Right, I think we look over

NOTE Confidence: 0.563103258609772

00:50:00.950 --> 00:50:02.560 the left shoulder to heal.

NOTE Confidence: 0.563103258609772

00:50:02.560 --> 00:50:05.185 Go back. We stayed in the riot.

NOTE Confidence: 0.563103258609772

00:50:05.190 --> 00:50:08.770 We turn that leg open as much as we can.

NOTE Confidence: 0.563103258609772

00:50:08.770 --> 00:50:11.330 Are facing the same direction.

NOTE Confidence: 0.563103258609772

00:50:11.330 --> 00:50:12.398 We go for.

NOTE Confidence: 0.563103258609772

00:50:12.398 --> 00:50:15.914 We close the back foot with a hook hand

NOTE Confidence: 0.563103258609772

00:50:15.914 --> 00:50:18.442 going back, open hand going forward.

NOTE Confidence: 0.563103258609772

00:50:18.442 --> 00:50:20.034 That snake used out.

NOTE Confidence: 0.563103258609772

00:50:20.040 --> 00:50:21.880 And then we're going to start to turn

NOTE Confidence: 0.563103258609772

00:50:21.880 --> 00:50:24.212 the left palm down, open up the right.

NOTE Confidence: 0.563103258609772

00:50:24.212 --> 00:50:25.524 Coming into Golden Pheasant.

NOTE Confidence: 0.563103258609772

00:50:25.530 --> 00:50:28.202 Just like the exercise that we did at

NOTE Confidence: 0.563103258609772

00:50:28.202 --> 00:50:30.635 the beginning and then set the heel now.

NOTE Confidence: 0.563103258609772

00:50:30.640 --> 00:50:32.380 Turn the foot end.

NOTE Confidence: 0.563103258609772

00:50:32.380 --> 00:50:34.990 Shifting the right look too laughing,

NOTE Confidence: 0.563103258609772

00:50:34.990 --> 00:50:37.944 left arm out left heel turns in.

NOTE Confidence: 0.563103258609772

00:50:37.950 --> 00:50:41.955 And then coming over or got left. Open.

NOTE Confidence: 0.563103258609772

00:50:41.955 --> 00:50:46.610 Look over the right shoulder to heal.

NOTE Confidence: 0.563103258609772

00:50:46.610 --> 00:50:53.520 No way. You have to cross closed.

NOTE Confidence: 0.563103258609772

00:50:53.520 --> 00:50:55.767 And then as the right rotates down,

NOTE Confidence: 0.563103258609772

00:50:55.770 --> 00:50:58.990 the left hand opens up one finger at a time,

NOTE Confidence: 0.563103258609772

00:50:58.990 --> 00:51:00.490 coming into Golden Pheasant,

NOTE Confidence: 0.563103258609772

00:51:00.490 --> 00:51:02.740 and then set the yield out.

NOTE Confidence: 0.563103258609772

00:51:02.740 --> 00:51:05.309 And then we're going to move forward.

NOTE Confidence: 0.563103258609772

00:51:05.310 --> 00:51:05.935 Beverly's.

NOTE Confidence: 0.563103258609772

00:51:05.935 --> 00:51:10.310 So to recap, he didn't commit suicide

NOTE Confidence: 0.563103258609772

00:51:10.310 --> 00:51:14.850 each one one time running wild horses,

NOTE Confidence: 0.563103258609772

00:51:14.850 --> 00:51:17.354 being three times right,

NOTE Confidence: 0.563103258609772

00:51:17.354 --> 00:51:19.858 crane spreads wings once.

NOTE Confidence: 0.563103258609772

00:51:19.860 --> 00:51:22.877 I'll brush me, twist up three times.

NOTE Confidence: 0.563103258609772

00:51:22.880 --> 00:51:24.396 Strum the loot once,

NOTE Confidence: 0.563103258609772

00:51:24.396 --> 00:51:27.272 then we did a pulse monkey four

NOTE Confidence: 0.563103258609772

00:51:27.272 --> 00:51:29.336 times from repulsed monkey.

NOTE Confidence: 0.563103258609772

00:51:29.340 --> 00:51:31.500 We went into grass postale,

NOTE Confidence: 0.563103258609772

00:51:31.500 --> 00:51:34.510 one side grass postale the other side.

33

NOTE Confidence: 0.563103258609772

00:51:34.510 --> 00:51:37.280 You went into single web.

NOTE Confidence: 0.563103258609772

00:51:37.280 --> 00:51:40.048 No, it into three cloud hands and then

NOTE Confidence: 0.563103258609772

00:51:40.048 --> 00:51:42.848 we went into the second single web.

NOTE Confidence: 0.563103258609772

00:51:42.850 --> 00:51:45.954 From there we went into high path the

NOTE Confidence: 0.563103258609772

00:51:45.954 --> 00:51:48.958 horse and we did separate right leg.

NOTE Confidence: 0.563103258609772

00:51:48.960 --> 00:51:51.744 There we did come pick Seven

NOTE Confidence: 0.563103258609772

00:51:51.744 --> 00:51:53.600 years separate left leg.

NOTE Confidence: 0.563103258609772

00:51:53.600 --> 00:51:55.920 Then we're going into snake

NOTE Confidence: 0.563103258609772

00:51:55.920 --> 00:51:58.240 creeps down on one side.

NOTE Confidence: 0.563103258609772

00:51:58.240 --> 00:52:00.096 Golden pheasant snake creeps

NOTE Confidence: 0.563103258609772

00:52:00.096 --> 00:52:02.416 down on the other side.

NOTE Confidence: 0.563103258609772

00:52:02.420 --> 00:52:03.498 Golden pheasant.

NOTE Confidence: 0.563103258609772

00:52:03.498 --> 00:52:08.640 So that's 19 out of the 24 monsters of the.

NOTE Confidence: 0.563103258609772

00:52:08.640 --> 00:52:10.794 Young style simplified.

NOTE Confidence: 0.563103258609772

00:52:10.794 --> 00:52:15.102 24 posture form or 24 pastor

NOTE Confidence: 0.563103258609772

00:52:15.102 --> 00:52:17.530 Youngstown simplified so.

NOTE Confidence: 0.563103258609772

00:52:17.530 --> 00:52:19.765 Practice come to class were

NOTE Confidence: 0.563103258609772

00:52:19.765 --> 00:52:22.584 here every Monday at three and

NOTE Confidence: 0.563103258609772

00:52:22.584 --> 00:52:25.069 every Wednesday at 2:00 o'clock,

NOTE Confidence: 0.563103258609772

00:52:25.070 --> 00:52:27.896 and we also have videos online

NOTE Confidence: 0.563103258609772

00:52:27.896 --> 00:52:29.309 through the website.

NOTE Confidence: 0.563103258609772

00:52:29.310 --> 00:52:32.635 And please feel free if you have

NOTE Confidence: 0.563103258609772

00:52:32.635 --> 00:52:35.620 any questions or anything you can

NOTE Confidence: 0.563103258609772

00:52:35.620 --> 00:52:39.015 ask me and I'll address all these

NOTE Confidence: 0.563103258609772

00:52:39.117 --> 00:52:42.708 issues and will keep you healthy and.

NOTE Confidence: 0.563103258609772

00:52:42.710 --> 00:52:45.680 Blackston flexible and strong through

NOTE Confidence: 0.563103258609772

00:52:45.680 --> 00:52:49.631 the practice of Qi Gong Taiji so.