

十三步摇**Shísān bù yáo****Thirteen Swaying/Shaking Steps**

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| 1: | 预备式 | Yùbèi shì | Preparation ceremony |
| 2: | 请拳起势 | Qǐng quán qǐ shì | Opening salute |
| 3: | 半月沉江 | Bànyuè chén jiāng | Half moon sinks into the river |
| 4: | 孩儿捧花 | Háier pěng huā | Child offers the flower |
| 5: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| | | | |
| 6: | 青龙出水 | Qīnglóng chūshuǐ | Green dragon comes out of the water |
| 7: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| 8: | 双龙探海 | Shuānglóng tàn hǎi | Twin dragons explore the sea |
| 9: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| (Repeat) | | | |
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| 10: | 青龙出水 | Qīnglóng chūshuǐ | Green dragon comes out of the water |
| 11: | 一枝梅花 | Yīzhī méihuā | Plum flower branch |
| 12: | 左右镖掌 | Zuǒyòu biāo zhǎng | Left and right dart palm |
| 13: | 左利刀削竹 | Zuǒ lì dāo xuē zhú | Left knife peels bamboo |
| 14: | 右利刀削竹 | Yòu lì dāo xuē zhú | Right knife peels bamboo |
| 15: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| 16: | 青龙出水 | Qīnglóng chūshuǐ | Green dragon comes out of the water |
| 17: | 一枝梅花 | Yīzhī méihuā | Plum flower branch |
| 18: | 左右镖掌 | Zuǒyòu biāo zhǎng | Left and right dart palms |
| 19: | 左右利刀削竹 | Zuǒyòu lì dāo xuē zhú | Left and right knives peel bamboo |
| 20: | 双枝昭阳 | Shuāng zhī zhāo yáng | Twin branches face the sun |
| 21: | 右青龙出水 | Yòu qīnglóng chūshuǐ | Right green dragon leaves the water |
| 22: | 左青龙出水 | Zuǒ qīnglóng chūshuǐ | Left green dragon leaves the water |
| 23: | 右青龙出水 | Yòu qīnglóng chūshuǐ | Right green dragon leaves the water |
| 24: | 一枝梅花 | Yīzhī méihuā | Plum flower branch |
| 25: | 白鹤扫翅 | Báihè sǎo chì | White crane sweeps its wing |
| 26: | 青龙滚水 | Qīnglong gǔnshuǐ | Green dragon rolls/boils the water |
| | | | |
| 27: | 青龙出水 | Qīnglóng chūshuǐ | Green dragon comes out of the water |
| 28: | 猛虎洗爪 | Měnghǔ xǐ zhǎo | Fierce tiger washes its claws |
| (Repeat x2) | | | |

29:	白鹤扫翅	Báihè sǎo chì	White crane sweeps its wing
30:	青龙滚水	Qīnglong gǔnshuǐ	Green dragon rolls/boils the water
31:	回马一鞭	Huí mǎ yī biān	Return horse single whip
32:	狸猫洗脸	Límāo xǐliǎn	Leopard cat washes its face
33:	白鹤献爪	Báihè xiàn zhǎo	White crane displays its claws
34:	收式请拳	Shōu shì qǐng quán	Closing salute
35:	半月沉江	Bànyuè chén jiāng	Half moon sinks into the river
36:	收式	Shōu shì	Closing ceremony