

美女梳妆

Měinǚ Shūzhuāng

Beautiful Lady Grooms

预备式	Yùbèi shì	Preparation ceremony
1. 起式请拳	Qǐ shì qǐng quán	Opening salute
2. 半月沉江	Bànyuè chén jiāng	Half-moon sinks into the river
3. 观音叠座	Guānyīn dié zuò	Guanyin crosses the pillars
4. 美女梳妆	Měinǚ shūzhuāng	The beautiful lady grooms
5. 美女画眉	Měinǚ huà méi	The beauty paints her eyebrows
6. 美女画眉	Měinǚ huà méi	The beauty paints her eyebrows
7. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
8. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
9. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
10. 双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
11. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
12. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
13. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
14. 双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
15. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
16. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
17. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
18. 童子叩拜	Tóngzǐ kòu bài	The boy kowtows
19. 利刀削竹	Lì dāo xiāo zhú	The knife peels bamboo
20. 美女浣衣	Měinǚ làn yī	The beauty puts on her clothes
21. 青龙滚水	Qīnglóng gǔnshuǐ	Green dragon rolls/boils the water
22. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
23. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
24. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
25. 双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
26. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
27. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
28. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
29. 白鹤剪翅	Báihè jiǎn chì	White crane scissors its wings
30. 利刀削竹	Lì dāo xiāo zhú	The knife peels bamboo
31. 将军出箭	Jiāngjūn chū jiàn	The general shoots an arrow
32. 双枝昭阳	Shuāng zhī zhāo yáng	Twin branches face the sun
33. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
34. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
35. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
36. 白鹤剪翅	Báihè jiǎn chì	White crane scissors its wings
37. 鹤翅裁腰	Hè chì cái yāo	Crane wing cuts the waist
38. 白鹤独立	Báihè dú lì	White crane stands alone
39. 狗子浣水	Gǒu zǐ jùn shuǐ	Dog shakes off water
40. 美女画眉	Měinǚ huà méi	The beauty paints her eyebrows

41. 美女画眉	Měinǚ huà xié	The beauty paints her eyebrows
42. 蝴蝶双飞	Húdié shuāngfēi	Twin butterflies in flight
43. 拨水求鱼	Bō shuǐ qiú yú	Part the water, seek the fish
44. 白鹤伸颈	Báihè shēn jǐng	White crane extends its neck
45. 童子叩拜	Tóngzǐ kòubài	The boy kowtows
46. 白鹤盖膊	Báihè gài bó	White crane covers its shoulder
47. 白鹤扫翅	Báihè sǎo chì	White crane sweeps its wing
48. 青龙滚水	Qīnglóng gǔnshuǐ	Green dragon rolls/boils the water
49. 微风拔树	Wéifēng bá shù	The breeze stirs the tree
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51. 锦盘摇珠	Jǐn pán yáo zhū	Coil the brocade, shake the pearls
52. 仙人摘桃	Xiānrén zhāi táo	The immortal picks a peach
53. 白鹤护巢	Báihè hù cháo	White crane protects its nest
54. 青龙出水	Qīnglóng chūshuǐ	Green dragon comes out of the water
55. 飞天砍斧	Fēitiān kǎn fǔ	Feitian chops, cuts with an axe
56. 白鹤抖翎	Báihè dǒu líng	White crane trembles its plume
57. 凤尾垂落	Fèng wěi chuíluò	Phoenix sinks its tail
58. 收式请拳	Shōu shì qǐng quán	Closing salute
59. 半月沉江	Bànyuè chén jiāng	Half-moon sinks into the river
收式	Shōu shì	Closing ceremony