

Long Two

Bow in.

Step right foot forward into horse stance as you do a right inward block.. Extend right hand out to right (in chop) with left hand chambered. Chamber right hand as left hand extends out to your right in a palm. Chamber left as right hand extends out to right in spear hand, palm away from you. Rechamber right hand.

Step forward with left foot into horse stance as you do a left inward block. Extend left hand out to left (in chop) with right hand chambered. Chamber left hand as right hand extends out to your left in a palm. Chamber right as left hand extends out to the left in a spear hand, palm away from you. Rechamber left hand.

Slide left leg into cat stance, hands cup and saucered on right hip. Look over left shoulder. Left foot steps out to left as left arm does inward block simultaneously with right reverse punch. Rechamber right hand as left backknuckle punches. Rechamber left as right hand does a reverse punch WHILE left leg slides back into cat stance. Left leg snaps out front kick as left hand(supported by right fist) does a sidefist.

Slide right leg into cat stance, hands cup and saucered on left hip. Look over right shoulder. Right foot steps out to right as right arm does inward block simultaneously with left reverse punch. Rechamber left hand as right backknuckle punches. Rechamber right as left hand does a reverse punch WHILE right leg slides back into cat stance. Right leg snaps out front kick as right hand(supported by left fist) does a sidefist.

Left leg steps around 180 degrees into guarding stance, while left arm does a downward block and right arm does an outward block. Reverse arms (like Drums of Manchu). Left hand countergrabs. Right hand does downward backknuckle while supported by left fist. Left hand does downward backknuckle while supported by right. Right hand does downward backknuckle while supported by left fist (bop, bop, bop).

Right leg steps back into guarding stance, as left arm does a downward block and right arm does an outward block. Right hand countergrabs. Left hand does downward backknuckle while supported by right fist. Right hand does downward backknuckle while supported by left. Left hand does downward backknuckle while supported by right fist (bop, bop, bop on the other side).

Right leg steps forward and around 180 degrees into guarding stance as left arm does downward block (right arm chambered). Left arm does corkscrew punch. Chamber left as you do a right reverse punch. Snap out an advancing right front kick as left arm does a side fist, chambering right (“opposites”).Chamber left and do a right side fist. Slide right leg into a cat stance, hands cup and saucered on left hip.

Right leg steps out on a 45 degree angle as right arm does a downward block (left arm chambered). Right arm does a corkscrew punch. Chamber right as you do a left reverse punch. Snap out an advancing left front kick as right arm does a side fist, chambering left (“opposites”). Chamber right and do a left side fist.

Look over right shoulder. Left foot dancer steps in front as left hand claws downward.. Right leg steps into guarding stance as right arm does an rising block. Do 3 eye darts- left, right, left (I'm John Travolta).

Look over left shoulder. Right leg dancer steps in front as right hand claws downward. Left leg steps into guarding stance as left arm does a rising block. Do 3 more eye darts- right, left, right (Still John Travolta).

Now it's time to scoop-dee-doo. Left leg dancers behind you as left arm does downward scoop. Unwind and do a right side fist. Right leg dancer steps behind as right arm does a downward scoop. Unwind and do a left side fist. Right leg dancers behind as left arm does a downward scoop. Unwind and do a left side fist. Left leg dancers behind as right arm does downward scoop. Unwind and do a right side fist. You should end up in a left guarding stance, "facing the office." (This was very confusing for me until I remembered you start every scoop-dee-doo with a **dancer step behind you** and the **first 2 scoops** are with the **same hand and leg**, while the **last 2 scoops are opposite hand and leg.**)

With left palm, block down in front of groin, chambering right. Step forward with left leg (into right guarding stance) as you slap your hands on your thighs and circle arms clockwise (with hands in open claws). With right palm, block down in front of groin, chambering left. Step forward with right leg (into left guarding stance) as you slap your hands on your thighs and circle your arms clockwise (with hands in open claws). With left palm, block down in front of groin, chambering right. Step forward with left leg (into right guarding stance) as you slap your hands on your thighs and circle your arms clockwise (with hands in open claws). **DO NOT PALM.** Instead do a right reverse punch **FIRST**, then a left inward block.

Slide left leg back into horse stance and slam your right elbow down (face of fist pointing up to ceiling) into your left palm. Bring your right leg behind you into horse stance (90 degrees from where you were) and slam your left elbow down (face of fist pointing up to ceiling) into right palm. Slide left leg back into horse stance as you do an elbow collapse strike (right elbow into left palm), Pull both elbows straight back so your fists are by your ears, Punch forward with both arms. Pull both arms back again. Punch forward with your right fist and leave it extended. Do and upward elbow strike with left and then bring left hand to cover right fist. Bow and then bow out.