



ChiBall Dance - Radiant Yang - Track 2 – Summer Glow

Segment	Time Code	# Reps	Exercise/movement	Counts
	0.00	1	Step feet to wide stance, lifting the ball to the heart centre	1-16
	0.10	2	Alternating lunges L/R, hold ball at heart centre	17-32
	0.18	4	8 count (Yin) Wave arm L	1-32
	0.35	3	8 count (Yin) Wave arm L	1-24
	0.49	1	Pass the ball behind the back to change hands Step the feet together	24-32
	0.53	4	8 count (Yin) Wave arm R	1-32
	1.10	3	8 count (Yin) Wave arm R	1-24
	1.24	1	Pass the ball behind the back to change hands Step the feet together	24-32
	1.28	6	4 count (Yang) Wave arms L	1-24
	1.41	1	Pass the ball behind the back Double Step Touch L	25-32
	1.45	6	4 count (Yang) Wave arms R	1-24
	1.59	1	Pass the ball behind the back Double Step Touch R	25-32
	2.03	2	Around the World arms L/R, Double Step Touch L/R	1-32
	2.20	4	Around the World arms L/R, Grapevine (the arms plus grapevine makes Around the World)	1-32
A	2.3	1.5	Around the World alternating L/R/L, R arm finishes across the chest, hand to opposite shoulder palm facing outwards.	1-12
	2.44	6	Yang Wave arms R	13-24
	2.51	2	Yin Wave arms R	25-32
A	2.55	1	Repeat Around the World and Yang/ Yin Wave starting R	1-32
	3.12	1	Circle the Moon L	1-8
	3.17	1	Circle the Sun R	9-16
	3.22	4	Breeze arms L , pass the ball behind the back after 4 th repetition to change hands.	17-32

Segment	Time Code	# Reps	Exercise/movement	Counts
	3.31	1	Circle the Moon R	1-8
	3.35	1	Circle the Sun L	9-16
	3.39	4	Breeze arms R , pass the ball behind the back after 4 th repetition to change hands.	17-32
	3.48	4	Breeze arms L , pass the ball behind the back after last repetition to change hands. Step forward and back with L foot.	1-16
	3.56	4	Breeze arms R , pass the ball behind the back after last repetition to change hands. Step forward and back with R foot.	17-32
	4.05	4	Breeze arms L , pass the ball behind the back after last repetition to change hands. March the L foot forward and back (Mambo), this makes the Breeze	1-16
	4.15	4	Breeze arms R , pass the ball behind the back after last repetition to change hands. March the R foot forward and back (Mambo), this makes the Breeze	17-32
	4.23	4	Circle the Sun arms L 4 counts(Yang), Mambo L (Circle the Sun Mambo)	1-16
	4.31	1	Circle the Sun arms L , 8 counts (Yin) Step L foot forward	17-24
	4.36	1	Butterfly arms 8 counts Step L foot to meet R foot	25-32
	4.40	4	Circle the Sun arms R , Mambo R (Circle the Sun Mambo)	17-32
	4.49	1	Circle the Sun arms R , 8 counts (Yin) Step R foot forward	17-24
	4.53	1	Butterfly arms 8 counts Step R foot to meet L foot	25-32
	4.58	2	Circle the Sun arms L 4 counts(Yang), Mambo L (Circle the Sun Mambo)	1-8
	5.02	1	Circle the Sun arms L , 4 counts (Yin) Step L foot forward	9-12
	5.04	1	Butterfly arms 8 counts Step L foot to meet R foot	13-16
	5.06	2	Circle the Sun arms R 4 counts(Yang), Mambo R (Circle the Sun Mambo)	1-8
	5.10	1	Circle the Sun arms R , 4 counts (Yin) Step R foot forward	9-12
	5.12	1	Butterfly arms 8 counts Step R foot to meet L foot	13-16
	5.15	2	Breeze L	1-8
	5.19	2	Circle the Sun L Mambo L (Circle the Sun Mambo)	9-16

Segment	Time Code	# Reps	Exercise/movement	Counts
B	5.24	2	Breeze L	17-24
	5.28	1	Circle the Sun Step L foot forward	25-28
	5.30	1	Butterfly arms Step L foot back to meet R foot	29 - 32
B	5.32	2	Breeze L	1-8
	5.36	2	Circle the Sun L Mambo L (Circle the Sun Mambo)	9-16
	5.41	2	Breeze L	17-24
	5.45	1	Circle the Sun Step L foot forward	25-28
	5.48	1	Butterfly arms Step L foot back to meet R foot	29 - 32
	5.50	2	Ball in both hands and circle hip to hip L/R 4 count (Yin) alternating Step Touch L/R	1-16
	5.59	2	4 count (Yin) Exchange arms low R/L (Ball in R/L) Yin Step Touch L/R	17-32
	6.07	4	Yin Exchange arms high R/L Yin Step Touch L/R	1-32
	6.24	8	2 count (Yang) Exchange R/L Step Touch L/R	1-32
	6.42	6	Yang Exchange R/L – R arm high L arm low (High Low Exchange) Step Touch L/R	1-24
	6.55	1	Butterfly arms Neutral stance	25-32
	7.00	1	Repeat Exchange High Low L/R Step Touch R/L	1-24
	7.13	1	Butterfly arms Neutral stance	25-32
	7.17	4	Yang Exchange R/L, High Step Touch L/R	1-16
	7.26	2	Yang Exchange R/L, Low Step Touch L/R	17-24
	7.31	2	Yang Exchange R/L, High Step Touch L/R	25-32



ChiBall Dance - Radiant Yang - Track 3 – Let There Be Light

Segment	Time Code	# Reps	Exercise/movement	Counts
A	0.03	1.5	Around the World L/R/L , finish with hand to opposite shoulder palm facing outwards	1-12
	0.12	6	The Wave Yang R	13-24
	0.17	2	The Wave Yin R	25-32
B	0.21	1	Circle the Moon R	1-8
	0.26	1	Circle the Sun L	9-16
C	0.30	2	The Breeze R	17-24
	0.35	2	Circle the Sun Mambo Yang R	25-32
	0.39	2	The Breeze R	1-8
	0.43	1	Circle the Sun Yin R	9-12
	0.45	1	Butterfly arms	13-16
D	0.48	2	The Exchange L high/R low Step Touch L/R	17-32
A,B,C,D	0.56	1	Repeat A,B,C,D - L	1-96
A,B,C,D	1.49	3	Repeat A,B,C,D – R/L/R	1-96 x 3
A,B,C,	2.41	1	Repeat A,B,C - L	1-80
D	3.24	4	The Exchange L high/R low Step Touch R/L turning to the R*	81-96
A,B,C,D	3.33	3	Repeat A,B,C,D – R/L/R with Step Touch turning	1-96 x 3
	7.03	1	Ball to heart centre Neutral stance	1-8

*step touch turning

- **step touch R/L** face the **R** wall
- **step touch R/L** face the **Back**
- **step touch R/L** face the **L** wall
- **step touch R/L** face the **Front**

Reverse when starting L.