

High Song (Chinese)

Count: 160

Wand: 1

Ebene: Phrased Beginner

Choreograf/in: Ping Tang - April 2013

Musik: High song by Wei Zhang



Dance Sequence: AA*(1-32)B Tag C
Intro :16 counts. Begin on main vocals.

Part A: 64 counts.

Sec A1: SIDE, bend knees, snap, stand up, kick, bent knees, bump hip

- 1 step left to the left side, the right hand lift up, palm forward, open fingers, left hand akimbo;
- 2 bend knees, point left foot toe ; the right hand put down to the left of the body , the left hand akimbo;
- 3 shake right hand to the right, snap the right finger
- 4 straighten knees, touch right foot ball
- 5 kick the right foot to left diagonal
- 6 the right foot drop, bent knees, point the left ball, shake right hand to the right, snap the right finger
- 7&8 bump hip to left, right ,left

Sec A2: turn full, right hand up

- 1-4 turn left full , step left, right, left, step right to right side
- 5-8 the right hand lift up slowly, palm up, left hand akimbo;

Sec A3: Yangko step, palm down, sway hip

- 1-4 cross left over right , cross right over left, left foot step back, step right to right , hands swing;
- 5 right palm down
- 6 left palm down
- 7, 8 sway hip circle anticlockwise.

Sec A4: step, step, right hand up

- 1, 2 rock step left to left side,
- 3, 4 rock step right to right side,
- 5-8 the right hand lift up slowly, palm up, left hand akimbo;

Note: A*: Start to dance part B after finish 1-32 counts dancing Wall 2 of part A

Sec A5: step, behind (*4),

- 1 rock step right to right side, hands up
- 2 touch left behind right, bend knees, hands drop to right side and snap fingers
- 3,4 the mirror set of 1,2
- 5-8 repeat 1-4

Sec A6: side, side, beside, bend and straighten knees, arm action

- 1, step right to right side, shaking right hand circle clockwise on the right side.
- 2, step left to left side, shaking left hand circle anticlockwise on the left side.
- 3,4 step right beside left ,bend and straighten knees , turn 1/8 left, while the left hand akimbo, shake back right arm bending elbow two times;(10:30)
- 5, bend and straighten knees, while the left hand akimbo, shake back right arm up
- 6, bend and straighten knees, while the left hand akimbo, shake back right arm down
- 7, 8 repeat 5,6

Sec A7: heel,touch,heel,touch,side,touch,hand action

- 1, touch right heel to left diagonal (10:30)
- 2, touch right toe back (10:30)
- 3, 4 repeat 1, 2
- 5-8 rock long step right to right side, touch left to left, shaking left hand circle anticlockwise

Sec A8: the mirror set of Sec 7?

Part B: 32 counts

Sec B1: beside, hands swing, bump hip, hands open up swing

- 1 step right beside left, hands swing forward circle anticlockwise
- 2 repeat 1
- 3 repeat 1
- 4 repeat 1
- 5, 6 bump hip circle anticlockwise, hands open up swing circle anticlockwise on the head;
- 7, 8 repeat 5,6

Sec B2: repeat Sec 1

Sec B3: SIDE, beside, SIDE, beside, leg straighten forward, fall

- 1, 2 rock step left to left side, step right beside left, bend and straighten knees ,hands action
- 3, 4 repeat 1,2
- 5 right leg straighten forward, hands open up
- 6 right foot fall, bend knees, hands drop to neck
- 7 left leg straighten forward, hands drop to the side of chest
- 8 foot fall, bend knees, hands drop to the side of leg

Sec B4: the mirror set of Sec 3

Part C: 64 counts

Sec C1: Yangko step, palm down, bump hip

- 1 step/cross left over right, turn 1/8 left,
- 2 step/cross right over left, turn 1/8 left,(9:00)
- 3,4 step right back, step right to right, hands swing
- 5 right palm down
- 6 left palm down
- 7,8 bump hip circle anticlockwise

Sec C2: jump, jump, jump, jump, hands open up

- 1 jump together, bend and straighten knees ,touch forward second right finger, left akimbo
- 2 repeat 1
- 3 repeat 1
- 4 repeat 1
- 5-8 hands open up

Sec C3: turn 1/2 left, repeat sec 1(3:00)

Sec C4: repeat sec 2

Sec C5: turn 1/4 right, repeat sec 1(6:00)

Sec C6: repeat sec 2

Sec C7: turn 1/2 left, repeat sec 1(12:00)

Sec C8: repeat sec 2

Tag:8 counts

Forward diagonal, Forward diagonal, BACK, BESIDE, TOUCH SIDE, BESIDE(*2)

- 1 step left forward to left diagonal,
- 2 step right forward to right diagonal,
- 3,4 step left back to center, step right beside left
- 5 touch left to left side, bend right knee
- 6 step left beside right,
- 7, 8 the mirror set of 5,6

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Please refer to the videos.
