

Lang Zai Gao Shan Da Yi Wang

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 2 级数: Phrased Intermediate
编舞者: China Line Dance Sport Promotion Centre (CN) - November 2014
音乐: Lang Zai Gao Shan Da Yi Wang (郎在高山打一望) - Yong Duan (段勇)



Sequence: ABTC/ABTC/AB/A*(37-48) B/A*(37-48)

Intro: 16 counts

PART A (48 counts)

A[1-8]side , together , side , together , side , hitch , side , hitch , side , hitch , beside

1 2 3 4 step left to left side , step right together , step left to left side , step right together , bending slightly knees
5&6& step left to left side , hitch right , step right to right side , hitch left ,
7&8 step left to left side , hitch right , touch right beside left

A[2-8] the mirror set of [1-8]

A[3-8]side and hitch(x6) , Forward , forward , forward , lunge

1&2 step right to right side and hitch left , step left to side and hitch right , step right to right side and hitch left
3&4 step left to left side and hitch right , step right to right side and hitch left , step left to left side and hitch right
5 step right forward (face to 10:30) ,
6 step left forward (face to 1:30) ,
7 step right forward (face to 10:30) ,
8 recover to left , bend left knee , touch right heel and straighten right leg , upper body slightly lean forward (12:00)

A[4-8] back and hitch (x 2) , triple in place and hitch , turn 1/2 , forward , lunge

1 step right back and hitch left , sway upper body left , twist waist ;
2 step left back and hitch right , sway upper body right , twist waist
3&4 step right in place and hitch left , step left in place and hitch right , step right in place and hitch left
5 6 7 turn 1/2 left step left forward (foot toward 6 : 00 , face to 7:30) ; step right forward (foot toward 6 : 00 , face to 4:30) ; step left forward (foot toward 6 : 00 , face to 7:30) ;
8 recover to right , bend right knee , touch left heel and straighten left knee , upper body slightly forward (6:00)

A[5-8] back and hitch (x 5) , lunge , lunge , step , flick

1 step left back and hitch right , sway upper body right , twist waist ;
2 step right back and hitch left , sway upper body left , twist waist
3&4 step left back and hitch right , step right back and hitch left , step left back and hitch right
5& step right to right side bending right knee , touch left to left keeping left leg straight ,
6& step left in place , touch right to right side , sway arms toward left and down
7 8 step right in place and flick left back , hold , hands open up

A[6-8]lunge , lunge , step , flick , forward , pivot 1/2 , run (x 3)

1-4 the mirror set of [5-8]5-8 counts
5 6 step right forward , pivot 1/2 left (12 : 00)
7&8 run right forward , step left forward , run right forward

PART B : (32 counts)

B[1-8] forward diagonal , forward , forward , forward , 1/8 turn back , back , back , back ,

- 1 step left forward diagonal left swaying left ,hand and shoulder forward diagonal left , palm down on both sides of the body (10:30)
- 2 step right forward diagonal left swaying right, hand and shoulder forward diagonal left (10:30)
- 3 step left forward swaying left hand and shoulder forward diagonal left (10:30)
- 4 step right forward swaying right hand and shoulder forward diagonal left
- 5 6 7 8 turn 1/8 left stepping left back , step right back , step left back , step right together (9:00)

B[2-8] 1/4 turn forward , forward , forward , forward , 1/4 turn back , back , back , back ,

- 1 turn 1/4 left step left forward swaying left, hand and shoulder forward ,
- 2 step right forward swaying right ,hand and shoulder forward ,
- 3 step left forward swaying left, hand and shoulder forward ,
- 4 step right forward swaying right hand and shoulder forward (6:00)
- 5-8 turn 1/4 left step left back , step right back , step left back , step right together (3:00)

B[3-8]turn 1/4 , lunge , hold , turn 1/2 , lunge , hold , kick ball (x 4)

- 1 2 turn 1/4 right point right to side (bend left knee angling body to 6:00), continue to bend left knee straightening right knee (6 : 00)
- 3 4 turn 1/2 left point left to side (bend right knee angling body to 12:00), continue to bend right knee straightening left knee (12 : 00)
- 5 6 kick left ball forward and drop , kick right ball forward and drop , sway arms up and down
- 7 8 repeat5,6

B[4-8]lunge , , hold , turn 1/2 left , lunge , hold , chair step , forward , in place , together

- 1 2 point right to side (bend left knee angling body to 12:00), continue to bend left knee straightening right knee (12 : 00)
- 3 4 turn 1/2 left point left to side (bend right knee angling body to 6:00), continue to bend right knee straightening left knee (6 : 00)
- 5&6& step left forward , step right in place , step left back , step right in place
- 7&8 step left forward , step right in place , step left together

PART C : (48 counts)

C[1-8] touch side , recover , paddle 1/4 turn (X2) , run(X5)

- 1 2 touch left to side , rock recover to left bending knees (6:00)
- 3 4 pivot 1/4 left touch right to right side, pivot 1/4 left touch right to right side, (12 : 00)
- 5& run right forward diagonal right , run left forward (1 : 30)
- 6&7& repeat 5& twice
- 8 run right forward (1 : 30)

C[2-8] touch heel forward , touch back(X2) , forward , together , behind , unwind 3/4

- 1 touch left heel forward , The upper body turn1/8 left lean back , (foot toward 1 : 30 , face to 12:00)
- 2 touch left toe back , The upper body turn1/8 right , (foot toward 7 : 30 , face to 3:00)
- 3 4 repeat 1 , 2
- 5 6 7 step left forward , step left together , cross left behind right
- 8 unwind 3/4 left , bend knees (6 : 00)

C[3-8]touch side , recover , paddle 1/4turn (X2) , run(X5)

- 1 2 touch right to side , rock recover to right bending knees
- 3 4 pivot 1/4 right, touch left to left side, pivot 1/4 right , touch left to left side, (12 : 00)
- 5& run left forward diagonal left , run right forward , (10 : 30)
- 6&7& repeat 5& twice
- 8 run left forward (10 : 30)

C[4-8]touch heel forward and touch back(X2) , forward , together , behind , 3/4 unwind

- 1 touch right heel forward diagonal left , The upper body turn1/8 right lean back , (foot toward10 : 30 , face to 12:00)

2 touch right toe back , The upper body turn 1/8 left , (foot toward 4 : 30 , face to 9:00)
3 4 repeat 1,2
5 6 7 step right forward , step right together , step right behind left (9:00)
8 unwind 3/4 right , bend knees (6 : 00)

C[5-8] 1/8 turn , cross , lock behind and forward(X3) , forward , lock behind and forward(X3)

1 turn 1/8 left step left cross right , bend knees (right shoulder to 4 : 30)
&2 lock right behind left , step left forward (4 : 30)
&3&4 repeat &2 twice (4 : 30)
5 The upper body turn 1/2 right step right forward , bend knees (left shoulder to 4 : 30)
&6 lock left behind right , step right forward (4 : 30)
&7&8 repeat &6 twice (4 : 30)

C[6-8] 1/8 turn , cross , lock behind and forward(X3) , forward , lock behind and forward(X3)

1 turn 1/4 right step left cross right , bend knees (right shoulder to 7 : 30)
&2 lock right behind left , step left forward (7 : 30)
&3&4 repeat &2 twice (7 : 30)
5 The upper body turn 1/2 right step right forward , bend knees (left shoulder toward 7 : 30)
&6 lock left behind right , step right forward (7 : 30)
&7&8 repeat &6 twice (7 : 30)

TAG : (4 counts)

After Wall 1 and Wall 2 of part B Add the following tag(6 : 00) :

Rocking Chair step :

1&2& Step left Forward, Rock Back Onto right, Step left Back, Rock Forward Onto right. (Face to 6 : 00)
3&4 Step left Forward, Rock Back Onto right, Step left Together.

Note : After Wall 3 and Wall 4 of part B you will dance 37-48 counts of part A.

Please refer to the video for details of arms movement.

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