

# On The Mountaintop

COPPER KNOB  
BY STEPHEN T. S.

拍数: 112      墙数: 1      级数: Phrased Intermediate  
编舞者: Wendy Lin (TW) - April 2018  
音乐: On The Mountaintop (站在高崗上) - Irene Tam (湛愛玲) & Zhong Wei (鐘偉) :  
(speed up 5%)



Intro: 1\*8

(Int: )Before the main dance(after intro 1\*8): 3\*8

(Phrasing) A: 6\*8 , B: 8\*8 , Tag: 6\*8, ENDING:4\*8

Intro/(int:)/AABA /TAG/B/A6\*8/ENDING

Int: Before the main dance (3\*8)

1-2                RF step(1), LF step together(2)

3-4                LF step(3), RF step together(4)

5-24               RPT 1-4

(1-8 Hands up by "V", 9-20 L hands down only, 21-24 R hands down slowly)

The Main Dance

Part A: (6\*8)

A[1-8] Rocking chair twice

1-2                RF FW step(1), recover weight on LF(2) (Hands up elbow bend)

3-4                RF Rock step(3), recover weight on LF(4) (Hands down)

5-8                REPT 1-4

A[9-16] FW touch, recover together

9-10               RF FW touch(9), recover together LF(10)

(R hand FW shake down & L hand shake up shoulder)

11-12              LF FW touch(11), recover together LF(12)

(L hand FW shake down & R hand shake up shoulder)

13-16              REPT [9-10]

A[17-24] Side step, touch together

17-18              Side step R(17), LF touch together R(18)

(Swing hands up both sides of head to R)

19-20              Side step L(19), RF touch together L(20)

(Swing hands up both sides of face to L)

21-24              REPT 17-20

A[25-32] Chasse, rock back recover

25&26              Side step R(25),LF step together RF(&),side step R(26)

27-28              LF step behind R(27),recover weight on RF(28)

(25-28 Hands by circle anticlockwise to R)

29&30              Side step L(29),RF step together LF(&),side step L(30)

31-32              RF step behind L(31),recover weight on LF(32)

(29-32 Hands by circle clockwise to L)

A[33-40] 1/4 turn L, RF side touch R

33-34              1/4 turn L & RF side touch R

(Hands wave to R)

35-40              REPT 33-34

A[41-48] REPEAT [17-24]

PART B: 8\*8

**B[1-8] Side, together, side, kick**

1-4 RF DIA FWD step(1), LF step together RF(2), RWD step R(3), RF FWD kick(4)

**(Hands wave by circle anticlockwise to Dia FWD R)**

5-8 A mirror DIA steps of 1-4

**B[9-16] side, touch together, side, sway bumps**

9-10 Side step R(9), LF touch together RF(10)

**(Hands wave to R)**

11-12 A mirror steps of 9-10

13-16 Together FT & Hips Sway on R(13)/L(14)/R(15)/L(16)

**(Arms cross on chest)**

**B[17-24] A mirror steps of 1-8**

17-20 RF DIA back step(17), LF step together RF(18), back step R(19), RF Flick (20)

**(Hands wave by circle anticlockwise to Dia back R)**

21-24 A mirror DIA steps of 17-20

**B[25-32] A mirror steps of 9-16**

25-26 Side step R(25), LF touch together RF(26)

**(Hands wave to R)**

27-28 A mirror steps of 25-26

29-32 Together FT & Hips Sway on R(29)/L(30)/R(31)/L(32)

**(arms cross on chest)**

**B[33-40] Side step & hips sway**

33-36 RF side step & hips sway on R(33)/L(34)/R(35) & LIFT UP RF (36)

**(Hands beat the thigh to R(33)/L(34)/R(35), raise hands to top right(36) )**

37-40 A mirror steps of 33-35

**B[41-48] 1/4 turn R & RF stomp**

41-42 1/4 turn R & RF stomp(41-42) (Hands up & shaking)

43-48 REPT 41-42

**B[49-56] A mirror steps of 33-40**

49-52 RF side step & hips sway on R(49)/L(50)/R(51) & LIFT UP RF (52)

**(Hands Beat the thigh to R(49)/L(50)/R(51), Raise hands to top right(52) )**

53-56 A mirror steps of 49-52

**B[57-64] Side step R & rock body to R(57-58)/L(59-60)/R(61-62)/L(63-64)**

**(Open arms flat on both sides)**

**TAG:6\*8**

**#[1-8] Stomp \*4**

1-2 RF Stomp\*1(1-2)

**(shaking hands to down both sides & slowly close to each other for hands by hands)**

4-8 REPT 1-2

**#[9-16] FW walk, FWD kick, back walk, touch together LF**

9-12 FW walk RF(9)/LF(10)/RF(11), LF FWD kick(12)

13-16 Back walk LF(13)/RF(14)/LF(15), RF touch together LF(16)

**(above hands by hands)**

**#[17-24] Back walk, kick, back walk, touch together**

17-20 1/4 turn L & back walk RF(17)/LF(18)/RF(19), 1/2 turn R & LF kick(20)

21-24 Back walk LF(21)/RF(22)/LF(23), 1/2 turn L & RF touch together LF(24)

**(above hands by hands)**

**#25-32 REPT 9-16**

**#33-40 REPT 17-24**

**#41-48 REPT 1-8( But, slowly separate from each other)**

END:4\*8

E[1-32] RF step(1),LF step(2),RF step(3),LF step(4)....until ending(32)

(1-8 Hands up slowly, 9-16 Hands down slowly, 17-24 Hands up slowly, 25-31 Hands down slowly, 32 RF stomp & Hands up soon)

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