

Waving Dance (Chinese)

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Ping Tang & Jing Pen - June 2013
音乐: Waving Dance (Bai Shou Wu) by Yema (Yizhou Xu)



Sequence: ABACABBCAAA

"Waving dance" is a state-level intangible cultural heritage and the national characteristics of Tu Jia ethnic group in the west of Hunan province, which contains rich historical and cultural intension.

Intro: 64 counts

Part A: 32 counts

Sec1: cross, lock, forward, cross, lock, forward, step, turn 1/4, step,turn 1/2

1&2 cross left over right, lock right behind left, step left forward
3&4 cross right over left, lock left behind right, step right forward
5,6 step left to left, upper body turn 1/4 left(face to 9:00);
7,8 step right to right, upper body turn 1/2 right (face to 3:00)

Sec 2 land, land, turn 1/2, land, land, turn 1/4,prissy walks, back, beside

1&2 . jump left, right landing on the place, Bump knees, waist and chest, swing arm from up to down with body movements (3:00)
3&4 turn 1/2 left ,the mirror set of 1&2(9:00)
5-8 turn 1/4 right, cross left over right, cross right over left, step left back, step right beside left, upper body leaning forward, hands do the "planting" action (commonly known as "transplanting step").(12:00)

Sec 3 forward, forward, forward , turn 1/2, beside , knees bend and straight(*4)

1 step left forward, left arm swing forward
2 step right forward, right arm swing forward
3 step left forward, left arm swing forward
4 turn 1/2 left, step right beside left, right arm swing forward(6:00)

Note:1-4 swing the hand and step foot in the same side.

5 knees bend and straight, while opening hands and swing to both sides,
6 knees bend and straight, while hands down and cross
7, 8 repeat 5, 6

Sec 4 repeat Sec 3 (12:00)

Part B: 16 counts

Sec 1 turn 1/4, heel forward, turn 1/4, heel forward, turn 1/4, heel forward , turn 1/4, heel forward ,jump side, touch beside, jump side, touch beside,

1, turn 1/4 right, step right heel forward , and toe fall(3:00)
2, turn 1/4 right, step right left heel forward , and toe fall (6:00)
3,4 Repeat 1,2. (12:00)
5,6 jump right to right side, touch left beside right, bend knees
7,8 the mirror set of 5, 6

Sec2 the mirror set of Sec 1

Part C: 32 counts

Sec 1: jump, heel, jump, heel, jump, heel, jump, heel, side, hitch, beside, side

1& jump left turn 1/8 left, touch right heel to left diagonal, the body lean back slightly; bend right elbow and palm forward, the thumb and four fingers apart below the right ear, bent left elbow before the body, palm down, hold your right elbow on the left hand, (10:30)

- 2& jump right turn 1/8 left, touch left heel to right diagonal, the body lean back slightly; bend left elbow and palm forward, the thumb and four fingers apart below the left ear, bent right elbow before the body, palm down, hold your left elbow on the right hand (9:00)
- 3&4& Repeat 1&2&(6:00)
- 5&6& rock step left to left side, hitch right knee , swing hands down and cross ,step right beside left , hitch left knee, opening hands and swing to both sides , rock step left to left side, hitch right knee , swing hands down and cross
- 7&8& the mirror set of 5&6&

Sec 2 jump, hitch, fall, jump, hitch, fall, side, touch side, (*4)

- 1& small jump left foot on the place, hitch right knee up (on &). Open up both hands doing fly action, palm upward
- 2 right fall, hitch left knee up, swing hands down and cross
- 3&4 repeat 1&2;
- 5& step left to left side, touch right to right side, swing hands
- 6& step right to right side, touch left to left side, swing hands
- 7&8& repeat 5&6&

Sec3 turn 1/4, back, back, back, beside, bump hip (*5)

- 1 turn 1/4 right, step left back, bend knees, right arm swing up, palm forward, left arm swing back, palm back,(3:00)
- 2 step right back, bend knees, left arm swing up, palm back, right arm swing back, palm forward, look back
- 3 step left back, bend knees, right arm swing up, palm forward, left arm swing back, palm back
- 4 step right beside left , bend knees , left arm swing up, palm back, right arm swing back, palm forward, look back;
- 5,6,7&8 turn 1/4 left, bend knees slightly, bump hip to left five times, hands swing;(6:00)

Sec4 forward, lock, back, forward, lock, side, bump hip (*5)

- 1& step right forward, lock left behind right, bend elbows on the sides, five fingers apart, palm forward.
- 2 step right back, lock left cross right, bend elbows on the sides, five fingers apart, fingers toe down, palm back.
- 3& repeat 1&
- 4 step right to right side, bend elbows on the sides, five fingers apart, finger toe down, palm back;
- 5, 6 bend knees slightly, bump hip to right twice, hands swing;
- 7&8, bend knees slightly, bump hip to right three times. bend elbows on the sides, five fingers apart, fingers toe down, palm back, forearm swing

Note:-

- 1 There is hand's movement in Section2, 3, 4 of Part A .
- 2 There is hand's movement in Part C

Please refer to the video on hands movements:

http://www.youtube.com/watch?v=-3XmC_qO8al&feature=youtu.be
http://v.youku.com/v_show/id_XNjQ4ODE5OTI4.html

Contact: 286130719@qq.com-http://www.qq.com/.
