

# Lang Zai Gao Shan Da Yi Wang

COPPER KNOB  
STEPSHEETS

拍數: 128      牆數: 2      級數: Phrased Intermediate  
編舞者: China Line Dance Sport Promotion Centre (CN) - November 2014  
音樂: 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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