

On The Mountaintop

COPPER KNOB
BY STEPHEN T. S.

拍數: 112 牆數: 1 級數: Phrased Intermediate
編舞者: Wendy Lin (TW) - April 2018
音樂: 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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