

High Green Mountain

Gao Shan Qing

高山青

(Taiwan)

These notes ©2014, Andrew Carnie, learned from Shirley Hauck, based on France Bourque-Moreau's teaching.

Formation: individuals scattered around the room, facing counter clockwise. Traditionally done with bells on the wrists,

Meter: 4/4

Bar 1: With hands above your head and leading with the heel step R in LOD (1), twist hands inwards (2) step L forward (3) twist hands (4)

Bars 2-4: repeat bar 1, 3 more times.

Bar 5: facing center, step R to R arms swing forward(1), close L next to R, arms swing back (2), Step R to R, arms swing forward (3), pause arms swing back (4).

Bar 6: repeat bar 5, but traveling to the L (L, close R, L, pause)

Bar 7: repeat the foot work of bar 3, except the arms trace a large CCW circle (swing low to the R to start) in front of you.

Bar 8: repeat bar 7, except circle is CW.

Bar 9: take 4 running steps into the middle RLRL

Bar 10: with weight on both feet, Slap thighs with both hands (1), Flick hands high and slightly out to the R (2), Slap thighs with both hands (3) and flick hands high and to slightly to the left.

Bar 11: Slap thighs with both hands (1), flick hands high to the R (2), Flick hands high to the center (3), flick high to the left (4)

Bar 12: take 4 running steps out of the center RLRL

Bar 13: with weight on both feet, Slap thighs with both hands (1), Flick hands high and slightly out to the R (2), Slap thighs with both hands (3) and flick hands high and to slightly to the left.

Bar 14: Slap hands on thighs twice (1,2) [note this bar only has 2 beats!]

Bar 15: take 4 walking steps (as in bar 1) turning in a CCW circle around yourself, end facing LOD

Bar 16: standing still, make a big circle with arms in front of you in a CCW direction (start swinging to to the R).

Bars 17-32 repeat bars 1-16

Bars 33-64 repeat bars 1-16 two more times (a total of 4)

ending: shake fists 3 times.

