Beijing Golden Mountain

級數: Phrased Intermediate

編舞者: Qin Jian Wei (CN) - July 2011

牆數:2

音樂: Zai Beijing De Jin Shan Shang (在北京的金山上) - Caidan Zhuoma (才旦卓瑪)



Intro: 24 counts (start on vocal)

拍數: 72

Dance Sequence: ABB / Tag / ABA

Part A (56 COUNTS)

- 1-2 Step left forward, step right forward
- 3-4 Step left forward, step right beside left
- 5&6 Step left back, step right back, step left back, kick forward on right
- 7&8 Step right back, step left back, step right back, kick forward on left

Cross left, right step, left cross touch, left step, cross right, left step, cross right touch, side shuffle x2

- 1&2 Cross left over right, step right to right, touch left over right
- 3&4& Step left to left, cross right over left, step left to left, touch right over left
- 5&6 Side shuffle to right, ¹/₂ turn right,
- 7&8 Side shuffle to left

1/4 Turn back mambo steps x 4

- 1&2 ¹⁄₄ turn rock back on right, recover on left, Step right forward
- 3&4 ¹⁄₄ turn rock back on right, recover on left, Step right forward
- 5&6 ¹/₄ turn rock back on right, recover on left, Step right forward
- 7&8 ¹/₄ turn rock back on right, recover on left, Step right forward

Back mambo steps x 2, lift right, right step back, left touch, left step, right step forward

- 1&2 Rock back on right, recover on left, Step right forward, both arms sweep to left
- 3&4 Rock back on right, recover on left, Step right forward, both arms sweep to right
- 5&6& Lift right foot, step right back, touch left foot
- 7&8 Step on left, step on right forward

Side shuffle x 2, ¼ mambo steps x2

- 1&2 Side shuffle to right, ½ turn right,
- 3&4 Side shuffle to left
- 5&6 1/4 turn rock back on right, recover on left, Step right forward
- 7&8 1/4 turn rock back on right, recover on left, Step right forward

1/4 Mambo steps x2, mambo steps x2

- 1&2 ¼ turn rock back on right, recover on left, Step right forward
- 3&4 ¹/₄ turn rock back on right, recover on left, Step right forward
- 5&6 Rock back on right, recover on left, Step right forward, both arms sweep to left
- 7&8 Rock back on right, recover on left, Step right forward, both arms sweep to right

Left lift, left step, right step, right lift, right step, left step, Left lift, left step, right step, right lift, right step, left heel touch

- 1&2 Hitch left foot, step on left, step on right, sweep both arms up from left to right
- 3&4 Hitch right foot, step on right, step on left, sweep both arms up from right to left
- 5&6 Hitch left foot, step on left, step on right, sweep both arms up from left to right
- 7&8 1/4 turn, hitch right foot, step on right, drop left heel down, open both arms to each side at shoulder height and bow down (9:00)

Part B (16 COUNTS)

Vine to right, left scuff, vine to left, right scuff x 2

- 1&2& Step right to right, step left behind right, step right to right, scuff on left
- 3&4& Step left to left, step right behind left, step left to left, scuff on right
- 5&6& Step right to right, step left behind right, step right to right, scuff on left
- 7&8& Step left to left, step right behind left, step left to left, scuff on right

Mambo 1/2 turn left , Mambo 1/2 turn right, 1/4 right step, left touch, 1/4 left step, right touch

- 1&2 Step forward on right, make a ¹/₂ turn left, step right forward
- 3&4 Step forward on left, make a ¹/₂ turn right, step left forward
- 5-6 ¹/₄ turn step right to right, touch left beside right
- 7-8 ¹/₄ turn step left to left, touch right beside left

Finishing first Part B is facing 3:00, Repeat Part B again but during counts 7-8 make a 1/2 turn instead of 1/4 and finishing at 6:00 then add a tag of 4 counts (6:00)

Tag (4 COUNTS) - 6:00

- 1-2 Step right to right, touch left beside right
- 3-4 Step left to left, step right beside left

After Tag, start with Part A at 6:00 and finishing Part A at 3:00. Continue with Part B and during counts 5-8, make a total of 1/4 turn instead of 1/2 to face at 12:00

Ending: Part A ends at counts 7-8 without turning 1/4 and finish facing at 12:00 and bow down with both arms open to each side.