

High Green Mountain

Taiwan

This adaptation of an aboriginal dance has only a few of the many movements and actions.

Formation: Individual dancers moving CCW around room. Small bells around each wrist are activated by wrists rotating and shaking during the dance.

Style: Large movements. Look at bells when shaking.

Meter: 2/4

Meas **Figure** (start with song after instrumental intro)

- 1 Facing LOD with hands up high, step R fwd (1), turn wrists (&), step L fwd (2), turn wrists (&)
- 2-4 Repeat meas 1, 3 more times, ending facing ctr
- 5 Facing ctr, large step R to R swinging straight arms fwd (1), step L beside R swinging arms bkwd (&), step R to R swinging arms fwd (2), bring L knee up while swinging arms bkwd (&)
- 6 Repeat meas 5 with opposite ftwk and direction
- 7 Repeat meas 5 with arms moving in a full circle: Start arms to L, move arms down & R (1), move arms up & L (&), move arms down & R (2), hold (&)
- 8 Repeat meas 7 with opposite ftwk and direction
- 9 Facing ctr, step fwd twd ctr R-L-R-L (1&2&)
- 10 In place, bend and slap knees with both hands (1), raise arms and shake hands to R (&), slap knees (2), raise arms and shake hands to L (&)
- 11 Slap knees (1), raise arms and shake hands to R (&), shake hands to ctr (2), shake hands to L (&)
- 12 Step bkwd away from ctr R-L-R-L (1&2&)
- 13 Repeat meas 10
- 14 Slap knees twice (1&), starting $\frac{3}{4}$ turn to L, move hands up high and step R (2), shake hands (&)
- 15 Repeat meas 1 with opp ftwk, continuing turn to L
- 16 Finish $\frac{3}{4}$ turn L to face LOD, step L (1), shake hands (&), move arms in circle L-down-R-up-L (2&)

Repeat dance from the beginning, three more times

Ending: Raise hands high and shake sharply 3 times