

STANDING ON THE MOUNTAIN RIDGE

STANDING ON THE MOUNTAIN RIDGE
Taiwan

The song is a recent composition, but is similar in style to the aborigine folk songs, and has become very popular in Taiwan. Choreographers often use it for their "aboriginal" dances.

The aborigine peoples wear little bells on their wrists, ankles and even their clothes when they dance, and in dancing they stamp their feet and shake their wrists, making the bells tinkle. Some of these foot-stamping and wrists-shaking movements can be found in Mr. Liu's (the choreographer of this dance) dance.

Music: 4/4 meter. Folk Dancer Record No. MH 1140 - 45 RPM

Formation: Single circle, partners not needed. All face center and join hands.

Introduction: 8 bars (32 beats). Raise the joined hands and bring them down on 1st beat, at same time stamping Right foot. Repeat on alternate beats 16 times in all.

Bars

- A 1 (4 beats) Turning slightly to the Right and point Right foot along LOD with Right toe turned a little in towards center bending Left knee and leaning over forwards. Right arm is stretched down and out over Right knee. Left hand points same way but Left elbow is bent and held shoulder high. In this position shake hands once from wrists, turning palms downwards and outwards (1). Put Right foot down, pointing (toe) slightly outward, and shake wrists again (2). Move weight on to Right foot, turn body to face outside of circle, point Left foot in front along LOD, its toe pointing a little out to Right. Both hands are raised forward and upward along LOD, Left arm straight, Right elbow bent and shoulder-high, body erect. Shake wrists once (3). Put Left foot down, toe pointing slightly Left, and shake wrists again (4).
- 2-4 (12 beats) Repeat A 1, 3 more times, moving along LOD
- 5-6 (8 beats) Face center, step sideways with Right foot, stamping it down (1). Close Left foot without stamping (2). Do this stamp-close 3 more times. Arms are extended above head, on each stamp shake hands from wrists.
- B 1-4 (16 beats) Facing center, all join hands, beginning Right foot, take 3 steps sideways to Right then hop on Right foot (schottische step). Repeat to the Left, beginning with the Left foot. Repeat above.
- 5-6 (8 beats) Same as A 5-6
- C 1-4 (4 beats) Facing center and bending over forward, step sideways with Right foot (1). Keeping weight on Right foot, clapping hands low at Right front (2). Step sideways Left on Left foot (3). Stamp Right foot beside Left and clap hands low at Left front (4).
- 3-4 (12 beats) Repeat C 1 three more times.
- 5-6 (8 beats) Same as A 5-6

(CONTINUED)

- D 1-2 (8 beats) All join hands and turn to face Right. Beginning with Right foot, walk 3 steps forward, then stamp Left foot beside Right, leaning slightly forward to stamp. Repeat the 3 steps and a stamp, beginning with Left foot and moving along LOD.
- 3-4 (8 beats) Repeat D 1-2.
- 5-6 (8 beats) Same as A 5-6.
- E 1 (4 beats) Stand facing center, feet well apart, heels raised off ground, hands extended above head. Bring heels down on to ground and shake wrists (1). Raise heels again and repeat this action 3 more times (2, 3, 4).
- 2 (4 beats) Bend forward with head and hands down, continue same movements of heels and wrists.
- 3-4 (8 beats) Repeat E 1-2.
- 5 (4 beats) Stretching arms out at sides shoulder-high with palms down, lean to Right side with weight on Right foot, body turned a little Left, wrists move up and down to mark beats. Or hands may rest on neighbors' shoulder, body and arms rising slightly then sinking to mark beats 1 & 3.
- 6 (4 beats) Similar movements, but leaning to Left and looking up Right.
- 7-8 (8 beats) Repeat E 5-6.
- 9-16 (32 beats) Repeat all of E.
- F 1 (4 beats) Feet still apart, knees bent, bend over forward and strike Left thigh near knee with both hands, fingers extended (1). Strike Right thigh (2). Left thigh again (3), then throw both hands out to Right side shouting "Hey." (4).
- 2 (4 beats) As F 1, but begin on Right thigh, and end throwing hands out to Left.
- 3-4 (8 beats) Repeat F 1-2
- 5-6 (8 beats) Same as A 5-6 (step-close to Right hands over head).
- C 1-2 (8 beats) All join hands, face center, beginning Right foot, walk 3 steps toward center then raise Left foot in front on 4th beat (or with a hop on Right foot, i.e., a schottische step). Beginning Left foot. walk 3 steps back and raise Right foot (or schottische)
- 3-4 (8 beats) Repeat G 1-2.

Next repeat E, and F (music same as before), and G 1-4, the finish as follows:

- last 2 bars (8 beats) Hop on Left foot raising Right foot, a little behind with Right knee bent level, then bending body a little forward to Right, with a quick walking step turn 2 circles to the Right, finally take a big step towards center with Right foot raise arms above head and shake hands from wrists.