

Presented by Mr. & Mrs. Ching Shan Chang

HEI SEN LIN
Chinese

TRANSLATION: Black Forest

RECORD: C.C.S. 1003, Side B, Band 1

FORMATION: Mixed circle, hands joined in "V" pos, facing LOD.

STYLING: When doing hand movements fingers are always closed.

METER: 2/4

PATTERN

Meas.

INTRODUCTION: Begin dance with singing.

- 1-3 Moving in LOD and beginning R take 3 steps fwd (cts 1-3), stamp L next to R, no wt (ct 4), step L bkwd (ct 5), stamp R next to L, no wt (ct 6). Bend fwd from waist on cts 5-6.
- 4-6 Repeat meas 1-3. *2x*
- 7-11 Dropping hands and facing ctr do 5 stamps-closes to R. Raise hands high above head and flick fingers (open fingers) upward when stepping on R. *5x*
- 12 Step R to R (ct 1), stamp L next to R, raise and clap hand on R side (ct 2).
- 13 Repeat meas 12, reversing all movements. *2x*
- 14 Step R in place while L kicks fwd. Throw hands out to side at hip ht.
- 15 Placing fists on hips, stamp L,R,L in place (cts 1,&,2).
- 16-17 Moving in LOD, join hands at shldr ht and beginning R do 4 Mountain side steps to R (step R across L while R lifts bkwd - arms swing down (ct 1), step L in place - hands swing up to "W" pos (ct 2), face LOD and step fwd R,L (cts 1-2). (2 meas per step)
- 18-23 Repeat meas 16-17, 3 more times (4 in all). *4x*
- 24-31 Face ctr and do 4 stamp-closes to R on R. Arms in "V" pos, do slight up-down movement. *4x*
- Repeat dance from beginning until end of music.

This dance in 1974 was voted the best dance in a contest in Taipei.