HEI SEN LIN

Dance of Aborigines, styling somewhat heavy. (Dance from Taiwan)

CHANG-

Music: 2/4

Cassette: CHINESE FOLK DANCES Presented By: Lydia Lee January 1, 1987, New York. Vol. 1 (side B #5)

Formation: Single circle. No partners needed. Hands joined in W position. Begin dance with singing.

PART I MEAS PATTERN

- 1-2 Body bent slightly forward. Walk FWD in LOD three steps, R,L,R (1-3). Touch L toe next to R toe, L knee bent, body now bent slightly back (4).
- 3 Step back on L (1). Touch R toe next to L, bending body slightly forward (2).
- 4-6 Repeat action meas 1-3.
- 7 Release hands. Extend hands upward, palms facing towards each other. Bend both knees in preparation for step to R. Take stamping step on R to R (1). Close L to R (2).
- 8-11 Repeat action meas. 7 four more times, for a total of 10 side steps. Hand action for meas. 7-11. Hands are held up, fingers slightly apart. On count 1, rotate palms to face out. On ct 2, rotate palms to face in. Repeat for a total of 10 counts.

PART II

- Facing center, body bent forward, hands brought down; step on R to R (1). Touch L toe next to R toe, bending both knees slightly, clapping hands held down and to R (2).
- 2 Reverse action meas 1, PART II.
- Stamping leap on R in place, swinging L ft sharply forward, L toe pointed FWD, L ft about 6" of floor, body leaning back (1). Hold (2). Hand action: On ct 1, hands are turned so that palms face up. On ct 2, hands are extended TWDS sides, palms still facing up.
- Straighten body. Place hands on hips, thumb pointing back. Take 3 stamping step on the spot L,R,L (1,&,2).

PART III

- 1-2 Join hands. Leap on R XIF of L (1). Step on L in place (2). Step on R to R (3). Step on L XIF of R (4).
- 3-8 Repeat action meas 1,2 three more times, for a total of 16 counts.
- Hands are swung forward in preparation for side step (6). Stamping step on R to R, hands swung back (1). Close L to R, hands swung FWD (2).
- 10-12 Repeat side step action of meas 9, three more times, for a total of 8 counts.