

Mountain Love Song

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4/4--Taiwanese

Intro--The farmer is carrying a heavy load --The sacks of rice or grain are carried on a long pole which is slung accross the shoulders.

meas

- 1 facing cntr and moving to the R--Step R to R (ct 1) XLBR (ct2) Step R to R (ct 3) XLBR (ct 4). Body sways or bends slightly to the R on ct 1 and ct 3 and slightly to the L on cts 2 and 4  
arms--arms are raised and hands hold the pole acc the shoulders.
- 2-4 Repeat meas 1

Part 1

meas

- 1 Fac. cntr--4 ct vine to R--R to R (1) XLFR (2) R to R (ct 3) XLBR (4) Arms -bring them down at beginn of vine -not held.
- 2 With weight on the L ft--bring the R ft out and around and back keeping toe on floor and making a circular movement. (cts 1 and 2) Tch R next to L while lifting L heel (3) Hop on L while lifting R forw with knee bent (4) Yell HEY! on ct 3
- 3-8 Repeat meas 1 and 2-- 3 more xs
- 9 facing cntr-rock back on R while lifting and extending L (cut step) (ct 1) Rock forw on L while lifting R back ( ct 2 ) Repeat cts 1 and 2 for cts 3 and 4.  
arms--elbows bent--arms close to sides and hands pointed forw--pull both arms back on ct 1 and push both arms forw on ct 2.  
Repeat 1 and 2 for cts 3 and 4
- 10 Repeat meas 9
- 11 facing cntr and moving to R--Step on R into cntr bending forw (ct 1) Hop on R-lifting l in back with knee bent (ct 2) Step back on L straightening body ( ct 3) Hop on L lifting R in front with knee bent (ct 4)
- 12 Repeat meas 11
- 13 fac. cntr-jump on both feetmoving to the R (ct 1) repeat ct 1 (for ct 2) Jump on both feet in place (ct 3) repeat ct3(for ct 4)  
arms--on cts 1 and 2--hit hands on knees 2xs --Swing both arms to the R (ct 3 ) and swing both arms to the L (ct 4).
- 14 Repeat meas 13 but with opp ftwrk and direction and arm movement
- 15 Jump 2xs more on both feet in place(cts 1 and 2). Take a stamping step forw as body bends forward to pick up heavy sack (ct 3) straighten up (ct 4).  
arms--cts 1 and 2--arms move to the L and R as in meas 13  
ct 3--arms down to pick up heavy sack--ct 4 -arms come up as they lift the heavy sack.
- 16 Turning to the R--make a solo turn with 7steps--arms up overhead lifting the heavy sack (ct is 1&2&3&4) the turn will have a slight down-up movement.

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1. 2 8 2

Part 2meas

- 1 Facing center-hands joined and in v position-Step R=to R (ct 1)  
Tch L to R-body turns to L (ct 2) Step L to L (ct 3) Tch R  
next to L (ct 4)-body turns to the R
- 2 Facing LOD--step forw on R (ct1) brush L forw (ct 2) Step forw  
on L (ct 3) Tch R next to L (ct 4)
- 3 Step R to R as face cntr (ct 1) Tch L next to R (ct 2) Step  
L to L (ct 3) Stamp R ft 2xs-no weight (cts 3-4).
- 4 fac. cntr and moving to the R--Step R to R (ct1) cls L to R (ct 2)  
Step R to R (ct 3 ) cls L to R ( ct 4)
- 5 Drop hands and begin a solo turn to the R(cts 1-4)- Ct 1-accent a  
down motion denoting the lifting of a heavy sack On cts 2and 4
- 6-7 Complete the turn begun in meas 5
- 8 Facing cntr--Step back on R (ct 1) Hop on R ft 3xs lifting..L in  
front
- 9 Continue hoping on R ft 3 more xs (cts 1-30 while lifting the  
L ft in front with knee bent--Hold (ct 4)
- 10 Face RLOD--step forw on the L (ct 1) Turn to face cntr as step  
R to R (ct2) Step L to L (ct 3) Hop on L while swinging R in  
front with knee bent (ct 4)
- 11 Step R to R (ct 1) Hop on R while swinging L in front with knee  
bent (ct 2) Step L to L (ct 3) Stamp R -no weight (ct 4)
- 12-14 Repeat meas 11-3 more xs
15. Step R to R (ct 1) Stamp L next to R -no weight (ct 2) Step  
L to L (ct 3) Stamp R next to L- no weight (ct 4)