

Bamboo Flute

Music: 綠野仙蹤 (Translation: Immortal's footprint on the green land)
 陳悅 Chen Yue (Bamboo Flute) & Li Yundi (piano)
 Music on You Tube (4.49mins)

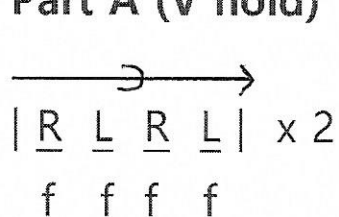
<https://www.youtube.com/watch?v=-5qhNRmMill>

Choreo: Rose Cross (Feb 2016 choreographed for Chinese New Year)

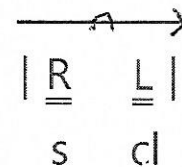
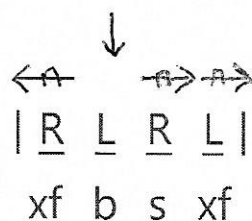
Rhythm: 4/4 Gentle meditative dance suitable for a finish dance.

Intro: 4 bars on piano. Begin when bamboo flute starts.

Part A (V hold)



Toe-heel steps fwd
 On last step face centre



Bend knees on close and
 fold arms in front of body,
 with right arm on top.

Part B (Stand: to do hand & arm movts for next 4 bars)

1. Spiral RH upwards twice to the right (like curling smoke), looking at hand. At the end of the 2nd curl place palm facing flat and held outwards (Chinese style) to the right. As you raise the hand, straighten from the bended knee position.
2. Repeat above with the LH.
3. Bring both hands together (above head) to meet.
4. Bring hands down together into a Yoga prayer position, held close to heart, with head bowed.

Take hands again in V-hold to start Part A again.

There are 2 pauses (each 4 beats) after the 3rd and 7th sequences, remain standing throughout these with head bowed.

At the end of 8th sequence, wait for the final music phrase to begin again and then open both arms outwards and upwards, bringing both hands down together into a final Yoga prayer position.