

Lian Hua (Xinjiang – China) "Lotus Flower"

Performance dance with lotus flower imagery taught at special workshop in Bastrop, Texas by guest teacher Vim from Netherlands. Notes expanded by Yvonne Couvillion.

Starting Position: Circle facing L (CW, as in French dances), hands in V-hold. After 2-measure introduction, rise onto toes and begin.

Part 1: Slow part is in 2/4 time.

A Travel. Make 4 two-steps CW beginning R-together-R (all up on toes, passing toe sweeping up around other ankle). When music "exciting" (see Pattern below), hands held high overhead, otherwise hands down in V-hold.

Dip. Face center: Make 2 "dip steps": R flat-footed forward with knees bent to dip, L back on toes, R back on toes, L in place on toes. Hands make slow Lotus Flower rising up out of water and opening: 1st dip: Cross R hd over L hd, palms face, twist wrists to point down then towards body, then stretch up overhead as uncross to prayer. 2nd dip: flower opens: hands drift apart and down to sides.

Turn. Turn L (CCW) in 2 two-steps: outward two-step: R hd palm down ripples streamer up and down; inward two-step: L hd palm down ripples streamer up and down. Watch streamer.

Quick Dip? When music allows (and at end of this slow part), add another dip step while hands make a Lotus Flower twice as fast: "rising up out of water" as dip R + step back L, "opening" as step back R + L in place.

B When music shorter (and softer), skip this extra dip (except last time).

Pattern of **Part 1**:

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| Repetition: | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> | <u>7</u> | <u>8</u> |
| Figure: | A | A | B | B | A | A | B | A |
| Music: | Regular | Soft music | Soft music | Exciting! | Exciting! | Soft music | Soft music | Soft music |
| Hands: | V-hold | V-hold | V-hold | Overhead! | Overhead! | V-hold | V-hold | V-hold |
| Extra?: | Dip | Dip | No | No | Dip | Dip | No | Dip |

Transition: After slight pause, dance 8 reda steps CW (flat-footed R crossing in front of L).

Part 2: Fast part is in 6/8 time.

A: Fig-8. Make 8 rocking step-lifts, starting R ft, as hands cycle in slanted figure-8: With R step-lift rocking into the center, hands go up diag-R holding a spherical flower, R over L; with L step-lift back, hands flip CW and come down left of the body, L over R, then flip CCW to repeat upward. Watch hands. Total of 4 Figure-8 cycles.

B: Grapevine. Make 3 grapevines: starting R in front, L side, R in back, L side. L arm is down, R arm palm down crosses L in front of the body every time R leg crosses in front and turns to cup up to hold flower and return to R every time R leg crosses behind. Watch R hand.

C: Sweater. Instead of 4th grapevine, cross R in front of L foot locking briefly, as R hd crosses over L as if gripping sweater hem with each hand, then spin L (CCW), as quickly pull off "sweater" overhead.

Part 2 (A, B,C) is done total of 4 times.

Finale: **Fig-8.** Make two Figure-8 cycles as in 2A. **Sweater.** Spin and pull off sweater as in 2C. **Final Poses.** Last three beats: every other person lunges R into center crouching down, hands extended forward as if presenting gift, thereby forming center portions of one huge lotus flower, while others step back R and rise up on toes, stretching hands overhead, crossing R over L, palms together, thereby making outer petals. (Note: before music starts, we sort ourselves out in this formation to establish roles: calling "I'm up!" or "I'm down!")