

Shen Tu – China Tibet

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 Refer to videos and other fulsome dance notes for complete understanding

Shen Tu Tibet China

Circle hands V, scarf in R hand
 Music 4/4, 12 second introduction
Start Right foot Dance moves R

* = slight lift, no weight
 + slight extension, slight hop
 opposite foot

A →* →* →* →*
 RLRL LRLR RLRL LRLR
 2x Face Left 2x backward



B ←* ←* ←* ←*
 RLRL LRLR RLRL LRLR
 release hands to top | R circles top-out | L circles top-out | both-sides ending with R swish

C ↑* ↑* ↓* ↓*
 RLRL LRLR RLRL LRLR
 join hands arms raise above horizontal slowly lower + at end, release + swish Right ← → as R in place

D Solo counter clockwise turn in 8 steps
 arms L held high, R held low in front
 both curved inward

in place
 L heel } 4x - pivot 1/4 turn left on each repeat
 R extended }
 → - final R heel is a touch

Repeat ABCD to end

A  **D** 

Arm motions per presenters
 Kiyoshi + Shigeko Kanazawa, Japan

A As above

B Wave full arms, extended up overhead
 ← rounded as though holding a beach ball side to side
 ↑ Wave to inside circle, to out, to in, out
 ending with waist-level swish R to L

C arms raise palms up, extended as though holding a tray, to above horizontal, back down, sharply ending with bent elbows, hands on waists momentarily, then a swish from R to L
 ← flow into position for D

D Left arm high as in sketch above
 Right extended low, palm up (facing opposite palm), arm slightly curved.
 Accent each heel plant with lowering + return R hand

