

Arirang

拍数: 96 墙数: 1 级数: Phrased Improver
编舞者: Sunny Jeong (KOR) & Ellisa Hayoung Choi (KOR) - January 2020
音乐: Arirang (아리랑) - BTS (방탄소년단)



[INTRO] 112 counts
(Intro Section: 96 Counts)
[Sequence] A,B, A, B, A, B, A, B, C, B, A, B, A, B, Ending 16C

[INTRO SECTION (96 Counts)]

[Sec.1] RF FORWARD, ½R TOGETHER HOLD

(Option: SWAY HOLD RF LF

with lowering both arms and shaking them from side to side in time to the music)

- 1 Step RF forward with raising both hands
2-8 RF step together and turn ½L hold, with spreading hands to the sides directly(6:00)

(Option)

- 1-4 Step RF side with sway hold
5-8 Sway LF side hold

[Sec. 2] LF FORWARD, ½L TOGETHER HOLD

(Option: SWAY HOLD RF LF

with lowering both arms and shaking them from side to side in time to the music)

- 1 Step LF fwd with raising both hands
2-8 RF step together and turn ½L hold, with spreading hands to the sides directly (12:00)

(Option)

- 1-4 Step RF side with sway hold
5-8 Step LF sway hold

[Sec. 3] Repeat Sec. 1

[Sec. 4] Repeat Sec. 2

[Sec. 5] RF/LF FORWARD, HITCH HOLD (With Keeping your hands spread out wide)

- 1-4 Step RF fwd with LF flick hold
5-8 Step LF fwd with RF flick hold

[Sec. 6] Repeat Sec. 5

[Sec. 7] RF/LF BACK FLICK & BACKWARD HOLD with folding each arm turn by turn

- 1-4 Step RF backward with LF flick hold
5-8 Step LF backward with RF flick hold

[Sec. 8] Repeat Sec. 7

[Sec. 9] ROCK SIDE, RECOVER

(with raising both arms and shaking them from side to side in time to the music)

- 1-4 Rock RF side, Recover LF side, Recover RF side, Recover LF side
5-8 Recover RF side, Recover LF side, Recover RF side, Recover LF side

[Sec.10] ROCK SIDE, RECOVER

(With lowering both arms and shaking them from side to side in time to the music)

- 1-4 Rock RF side, Recover LF side, Recover RF side, Recover LF side
5-8 Recover RF side, Recover LF side, Recover RF side, Recover LF side

[Sec. 11] (RF/LF 1/8R FORWARD WALK)×4

- 1-4 Step RF 1/8R forward hold, LF 1/8R forward hold (6:00)
5-8 Step RF 1/8R forward hold, LF 1/8R forward hold (12:00)

[Sec.12] Repeat Sec. 11

PART A (32 COUNTS)

[Sec.1]1/4L RF FORWARD, RECOVER ×3

(With raising both arms and shaking them from side to side in time to the music and Turning face slightly right

- 1-8 Rock 1/4L RF side hold, Recover LF side hold, recover RF side hold, Recover LF side hold

[Sec. 2]1/4 L RF/LF FORWARD SHUFFLE, RF/LF BACKWARD SHUFFLE

- 1&2 1/4L Forward Shuffle RF, LF, RF
3&4 Forward Shuffle LF, RF, LF
5&6 Backward Shuffle RF, LF, RF
7&8 Backward Shuffle LF, RF, LF (12:00)

[Sec. 3] (RF SIDE SHUFFLE, 1/4R LF SIDE SHUFFLE)×2 (6)

- 1&2 Side Shuffle RF, LF, RF
3&4 1/4R Side Shuffle LF, RF, LF(3:00)
5&6 Side Shuffle RF, LF, RF
7&8 1/4R Side Shuffle LF, RF, LF(6:00)

[Sec.4] TOGETHER, HOOK, 1/2 R JUMP×6)(Count 1 & 5, While clapping hands raise arms and then step jump with lowering arms slowly)

- 1-4 Step RF Together with Hook LF foward While clapping hands raise arms, 1/4 R Jump RF 3times with lowering arms slowly (9:00)
5-8 Repeat 1-4 (12:00)

PART B (32 COUNT)

[Sec.1]RF/LF DIAGONAL FORWARD SHUFFLE

- 1&2 Diagonal Forward Shuffle RF, LF, RF
3&4 Diagonal Forward Shuffle LF, RF, LF
5&6 Diagonal Forward Shuffle RF, LF, RF
7&8 Diagonal Forward Shuffle LF, RF, LF

[Sec.2] RF/LF DIAGONAL BACK SHUFFLE

- 1&2 Diagonal Backward Shuffle RF, LF, RF
3&4 Diagonal Backward Shuffle LF, RF, LF
5&6 Diagonal Backward Shuffle RF, LF, RF
7&8 Diagonal Backward Shuffle LF, RF, LF

[Sec. 3] (RF/LF 1/8R FORWARD SHUFFLE)×4

- 1&2 1/8R Forward Shuffle RF, LF, RF with lifting left arm
3&4 1/8R Forward Shuffle LF, RF, LF with lifting left arm
5&6 1/8R Forward Shuffle RF, LF, RF with lifting left arm
7&8 1/8R Forward Shuffle LF, RF, LF with lifting left arm (6:00)

[Sec.4] (RF/LF 1/8L FORWARD SHUFFLE)×4

- 1&2 1/8L Forward Shuffle RF, LF, RF with lifting right arm
3&4 1/8L Forward Forward Shuffle LF, RF, LF with lifting right arm
5&6 1/8L Forward Shuffle RF, LF, RF with lifting right arm
7&8 1/8L Forward Shuffle LF, RF, LF with lifting right arm (12:00)

PART C

[Sec. 1] ROCK SIDE, RECOVER

(with raising both arms and shaking them from side to side in time to the music)

1-4 Rock RF side, Recover LF side, Recover RF side, Recover LF side

5-8 Recover RF side, Recover LF side, Recover RF side, Recover LF side

[Sec. 2] ROCK SIDE, RECOVER

(with lowering both arms and shaking them from side to side in time to the music)

1-4 Rock RF side, Recover LF side, Recover RF side, Recover LF side

5-8 Recover RF side, Recover LF side, Recover RF side, Recover LF side

[Sec. 3] (RF/LF 1/8R FORWARD WALK)×4

1-4 Step RF 1/8R forward hold, LF 1/8R forward hold

5-8 Step RF 1/8R forward hold, LF 1/8R forward hold (6:00)

[Sec. 4] Repeat Sec. 3 (12:00)

Ending 16C

[Sec.1] ROCK SIDE, RECOVER

(with Lower both arms and shake them from side to side in time to the music)

1-4 Rock RF side, Recover LF side, Recover RF side, Recover LF side

5-8 Recover RF side, Recover LF side, Recover RF side, Recover LF side

[Sec. 2] (RF/LF 1/8R FORWARD RUN ×4

1&2& Run RF 1/8R forward, LF forward, RF 1/8R forward, LF forward

3&4& Run RF 1/8R forward, LF forward, RF 1/8R forward, LF forward

5&6& Run RF 1/8R forward, LF forward, RF 1/8R forward, LF forward

7&8 Run RF 1/8R forward, LF 1/8R forward, RF forward.

Contact: hani3756@gmail.com
