

Arirang

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Kim Jaehee (KOR) - August 2019
音樂: Arirang (아리랑) - BTS (방탄소년단)



Intro: 32 counts , Ready action(Stand in place and shake your arms back and forth)
No Restart, No Tag

Section 1

[1-4] Forward Walk x 4 Back Walk x 4

- 1 ~ Step RF forward (In simultaneous operation, your right foot forward at the same time send left arm forward and right arm backward)
- 2 ~ Step LF forward (In simultaneous operation, your left foot forward at the same time send the right arm forward and the left arm backward)
- 3 ~ Step RF forward (In simultaneous operation, your right foot forward at the same time send left arm forward and right arm backward)
- 4 ~ Step LF forward (In simultaneous operation, your left foot forward at the same time send the right arm forward and the left arm backward)

[5-8] Back Walk x 4

- 5 ~ Step RF back(In simultaneous operation, your right foot backward at the same time send left arm forward and right arm backward)
- 6 ~ Step LF back(In simultaneous operation, your left foot backward at the same time send right arm forward and left arm backward)
- 7 ~ Step RF back(In simultaneous operation, your right foot backward at the same time send left arm forward and right arm backward)
- 8 ~ Step LF back(In simultaneous operation, your left foot backward at the same time send right arm forward and left arm backward)

Section 2

[1-4] Forward Walk x 4

- 1 ~ Step RF forward (In simultaneous operation, when the right foot goes forward, spread your arms sideways. The right palm up and the left palm down)
- 2 ~ Step LF forward (In simultaneous operation, when the left foot goes forward, spread your arms sideways. The right palm down and the left palm up)
- 3 ~ Step RF forward (In simultaneous operation, when the right foot goes forward, spread your arms sideways. The right palm up and the left palm down)
- 4 ~ Step LF forward (In simultaneous operation, when the left foot goes forward, spread your arms sideways. The right palm down and the left palm up)

[5-8] Back Walk x 4

- 5 ~ Step RF back (In simultaneous operation, when the right foot goes forward, spread your arms sideways. The right palm up and the left palm down)
- 6 ~ Step LF back (In simultaneous operation, when the left foot goes forward, spread your arms sideways. The right palm down and the left palm up)
- 7 ~ Step RF back (In simultaneous operation, when the right foot goes forward, spread your arms sideways. The right palm up and the left palm down)
- 8 ~ Step LF back (In simultaneous operation, when the left foot goes forward, spread your arms sideways. The right palm down and the left palm up)

Section 3

[1-4] Forward Walk x 4

- 1 ~ Step RF forward (In simultaneous operation, when the right foot goes forward, Raise your arms above your head and shake from left to right)

- 2 ~ Step LF forward (In simultaneous operation, when the left foot goes forward, Raise your arms above your head and shake from right to left)
- 3 ~ Step RF forward (In simultaneous operation, when the right foot goes forward, Raise your arms above your head and shake from left to right)
- 4 ~ Step LF forward (In simultaneous operation, when the left foot goes forward, Raise your arms above your head and shake from right to left)

[5-8] Back Walk x 4

- 5 ~ Step RF back (In simultaneous operation, when the right foot goes forward, Raise your arms above your head and shake from left to right)
- 6 ~ Step LF back (In simultaneous operation, when the left foot goes forward, Raise your arms above your head and shake from right to left)
- 7 ~ Step RF back (In simultaneous operation, when the right foot goes forward, Raise your arms above your head and shake from left to right)
- 8 ~ Step LF back (In simultaneous operation, when the left foot goes forward, Raise your arms above your head and shake from right to left) , spread your arms sideways. The right palm down and the left palm up)

Section 4

[1-4] Walk RF, LF, RF, LF. Closing LF next to RF(Full turn)

1-4 In place, Full turn, Walk RF, LF, RF, LF. Closing LF next to RF (facing 12.00)

Pull your right arm down from your thighs to your chest

[5-8] Walk LF, RF, LF, RF. Closing RF next to LF(3/4 turn to left)

5-8 In place, 3/4 turn to left, Walk LF RF, LF, RF. Closing LF next to RF (facing 3.00)

Pull your left arm down from your thighs to your chest

Enjoy the dance,

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