

Lone Arirang

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Matthew Kim - October 2019
音樂: Arirang Alone (홀로 아리랑) - Yu-Suk Suh (서유석)



Intro: 24 counts (Dance starts on Vocal)

****Restart: after 24 counts of Wall 3 (at the end of 24 count interlude)

S1: ¼LfwdL, ½LbackR ¼LsideL CrossR, SideL, BehindR, RecoverL

1, 2&3 Turn 1/4 left LF forward(1), turn 1/2 left RF back(2), turn 1/4 left LF side (&), RF cross over LF(3)

4, 5, 6 LF side(4), RF cross behind LF(5), recover on LF(6) (12:00)

S2: ¼RfwdR, ½RbackL ¼RsideR CrossL, SideR, BehindL RecR ForwardL

1, 2&3 Turn 1/4 right RF forward(1), turn 1/2 right LF back(2), turn 1/4 right RF side (&), LF cross over RF(3)

4, 5&6 RF side(4), LF cross behind RF(5), recover on RF(&), RF forward (6) (12:00)

S3: CrossR, RecL SideR LeanR, ¼LfwdL, ¾LsweepR, SideR

1, 2&3 RF cross over LF(1), Recover on LF(2), RF to side(&), Lean to right(3) (12:00)

4 Turn 1/4 left LF forward (4) and start to spiral left sweeping RF (3:00)

5, 6 Continue to turn 3/4 left on LF sweeping RF(5), RF to side(6) (12:00)

S4: BehindL SideR CrossL SideR BehindL, BehindR SideL CrossR SideL BehindR

1&2& LF cross behind RF(1), RF to side(&), LF cross over RF(2), RF to side(&),

3 LF cross behind RF and start to sweep RF from front to back(3) (12:00)

4&5&6 RF cross behind LF(4), LF to side(&), RF cross over LF(5), LF to side(&), RF cross behind LF (6) (12:00)

****Restart Here During Wall 3

S5: ¼LfwdL, Hold, Hold, ½RfwdR ½RbackL ½RfwdR FwdL ForwardR

1, 2, 3 Turn 1/4 left and LF forward(1), Hold for 2 counts(2-3) (9:00)

4& Turn 1/2 right and RF forward(3), turn 1/2 right and LF back(&)

5&6 Turn 1/2 right and RF forward(4), LF forward (&), RF forward (6) (3:00)

S6: TwinkleL-R-L TwinkleR-L-R

1, 2, 3 LF cross over RF(1), RF to side(2), recover on LF (3) (3:00)

4, 5, 6 RF cross over LF(4), LF to side(5), recover on RF (3) (3:00)

S7: CrossL, ¼RfwdR, Hold ½LfwdL, 1LspiralL, NextR

1, 2, (3) LF cross over RF(1), turn 1/4 right and RF forward(2), Hold(3) (6:00)

4 Turn 1/4 left and step LF forward and start left turn on LF sweeping RF(4) (12:00)

5, 6 Continue to turn on LF sweeping RF(5), finish full left turn and step RF near LF (6) (12:00)

S8: 1/8L ForwardL, hold RecoverR NextL, BackR, hold RecoverL, 1/8RtouchR

1, 2&3 Turn 1/8 left LF forward(1), hold (2), recover on RF(&), LF next to RF(3) (10:30)

4, 5&6 RF back(4), hold(5), recover on LF(&), turn 1/8 right and touch RF next to LF(6) (12:00)

Sections 9 - 16 are for the chorus part of the music (except for the ending).

S9: SwayR, SwayL, SwayR, BehindL, BehindR SideL CrossR

1, 2, 3 RF to side and sway to right side(1), sway to left side(2), sway to right side(3) (12:00)

4, 5&6 LF cross behind RF and sweep RF (4), RF cross behind LF(5), LF to side(&), RF cross over LF(6) (12:00)

S10: Mirrored Section 9

SwayL, SwayR, SwayL, BehindR, BehindL SideR ForwardL

1, 2, 3 LF to side and way to left(1), sway to right side(2), sway to left side(3) (12:00)

4, 5&6 RF cross behind LF and sweep LF (4), LF cross behind RF(5), RF to side(&), LF cross over RF(6) (12:00)

S11: ForwardR, ½RhitchL FwdL ForwardR, ForwardL, ½LhitchR FwdR ForwardL

1, 2&3 RF forward(1), turn 1/2 right on RF hitching LF(2), LF forward(&), RF forward(3) (6:00)

4, 5&6 LF forward(4), turn 1/2 left on LF hitching RF(5), RF forward(&), LF forward(6) (12:00)

S12: Same as Section 11

ForwardR, ½RhitchL FwdL ForwardR, ForwardL, ½LhitchR FwdR ForwardL

1, 2&3 RF forward(1), turn 1/2 right on RF hitching LF(2), LF forward(&), RF forward(3) (6:00)

4, 5&6 LF forward(4), turn 1/2 left on LF hitching RF(5), RF forward(&), LF forward(6) (12:00)

S13: ForwardR, CrossL 1/8LbackR BackL, BackR, 1/8LsideL 1/8LfwdR ForwardL

1, 2&3 RF forward(1), LF cross over RF(2), turn 1/8 left RF back(&), LF back(3) (10:30)

4, 5&6 RF back(4), turn 1/8 left LF side(5), turn 1/8 left RF forward(&), LF forward(6) (7:30)

S14: ForwardR, CrossL ¼LbackR BackL, BackR, 1/8LsideL FwdR ForwardL

1, 2&3 RF forward(1), LF cross over RF(2), turn 1/4 left RF back(&), LF back(3) (4:30)

4, 5&6 RF back(4), turn 1/8 left LF side(5), RF forward(&), LF forward(6) (3:00)

S15: ¼LfwdR, ½RhitchL, ForwardL, ForwardR, KickL, NextkL

1, 2, 3 Turn 1/4 left RF forward(1), turn 1/2 right on RF hitching LF(2), LF forward(3)

4, 5, 6 RF forward(4), kick LF forward(5), LF next to RF(6)

S16: ¼RfwdR, ½RbackL ½RfwdR ForwardL, ForwardR, ¼LrecL, CrossR

1, 2&3 Turn 1/4 right RF forward(1), turn 1/2 right LF back(2), turn 1/2 right RF forward LF(&), LF forward(3)

4, 5, 6 RF forward(4), pivot 1/4 left turn and recover on LF(5), RF cross over LF(6)
