

= Gilansko =

Kosovo

'81.4.4-5. 吉野

Records Ak-2

U Šest. (左手四指前、右手浅くかき足)

I. $\overleftarrow{R}, \overrightarrow{L}, \overrightarrow{H}R, \overset{\circ}{bb}, \overleftarrow{H}L, \overset{\circ}{bb}, \overrightarrow{H}R, \overset{\circ}{bb},$

$\begin{matrix} \text{rはくさ} \\ \text{はきあたり} \end{matrix} \quad \begin{matrix} \text{rは} \\ \text{ふくはき} \end{matrix} \quad \begin{matrix} \text{rは} \\ \text{ふくはき} \end{matrix}$

II. $\overset{\sigma}{\uparrow}\overset{\sigma}{\uparrow}LR, \overset{\uparrow}{\uparrow}LR, \overset{\sigma}{\uparrow}HL, \overset{\circ}{bb}, \overset{\circ}{\downarrow}HR, \overset{\circ}{bb}, \overset{\downarrow}{HL}, \overset{\downarrow}{bb},$

$\begin{matrix} \text{rかかと内へ} \end{matrix} \quad \begin{matrix} \text{着足は軽くうしろへ回す。} \end{matrix}$

Hitch Hopは、かなりはきりと!