

= İş Halayı =

Sivas-Türkiye

Eyvan Program

女性の仕事踊り

Music:

右手に4-7も5, 右を向いたオープンサークル 連手になる。

I. $\overline{RLRLRLRL} \rightarrow$ (x6)
 左手=L 177- 172
 右手4-7上前で回す。

⑧
 II. $\overline{R} \left[\begin{array}{c} \text{深} \\ \text{浅} \end{array} \right] ,$ (x6)
 左手から 180度 深 浅

⑨
 III. $\begin{array}{c} \text{X} \quad \text{X} \quad \text{X} \quad \text{X} \\ \text{clap} \quad \text{clap} \quad \text{clap} \quad \text{clap} \end{array} \rightarrow \left(\begin{array}{c} \text{左もも上げ} \\ \text{4-7両端もち} \\ \text{上下動} \end{array} \right) \left(\begin{array}{c} \circ \quad \circ \quad \circ \quad \circ \\ \text{下} \quad \text{上} \quad \text{下} \quad \text{上} \end{array} \right) (x2)$
 $\left(\begin{array}{c} \text{左手目の高さ} \\ \text{右手下で4-7も5前後} \end{array} \right) \left(\begin{array}{c} \circ \quad \circ \quad \circ \quad \circ \\ \text{押} \quad \text{引} \quad \text{押} \quad \text{引} \end{array} \right) (x2)$

⑩
 IV. $\begin{array}{c} \text{X} \quad \text{X} \quad \text{X} \quad \text{X} \\ \text{clap} \quad \text{clap} \quad \text{clap} \quad \text{clap} \end{array} \rightarrow \left(\begin{array}{c} \text{両足の前に左右に指先が} \\ \rightarrow \leftarrow \rightarrow \leftarrow \rightarrow \leftarrow \end{array} \right) (x2)$
 $\left(\begin{array}{c} \text{前向き進み} \\ \text{手ひき下向きでつかむ動き} \\ \text{両足開く} \end{array} \right) \left(\begin{array}{c} \nearrow \quad \nwarrow \quad \nearrow \quad \nwarrow \\ \text{上へ} \\ \text{返す} \end{array} \right) (x2)$
 $\left(\begin{array}{c} \text{左手ひきの上で右手で型作り} \\ \text{ね} \quad \text{ね} \quad \text{ね} \quad \text{ね} \end{array} \right) \times 2$
 $\left(\begin{array}{c} \text{両手ひき下向き} \\ \uparrow \downarrow \nearrow \searrow \uparrow \downarrow \nearrow \searrow \end{array} \right) \times 2$
 $\left(\begin{array}{c} \text{左手上腕左せにおき右手で焼く} \\ \uparrow \downarrow \uparrow \downarrow \uparrow \downarrow \end{array} \right) \times 2$

⑪
 V. $\begin{array}{c} \text{X} \quad \text{X} \quad \text{X} \quad \text{X} \\ \text{clap} \quad \text{clap} \quad \text{clap} \quad \text{clap} \end{array} \rightarrow \left(\begin{array}{c} \text{4-7もみ洗い} \\ \text{ } \end{array} \right) \times 2$
 $\left(\begin{array}{c} \text{4-7両端もち上下動} \\ \square \quad \square \quad \square \quad \square \end{array} \right) \times 2$
 小3と上下

