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Balgarija

96.2.11-12 Hristo Ivanov in 京都,

Basic Step

[Double] $\overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}},$

[Single] $\overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}},$

膝は高くあげる。

Introductory

I. Double $\left\{ \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \right\} (x2)$

II $\overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}},$

$\downarrow$
 $\text{LRLRLRLRLH},$

I~II を もう一度

III Double $(x2)$

IV $\overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, (x3), \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \text{Rev}$

V Single $(x2), \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}} \overset{\text{↑}}{\text{R}} \overset{\text{↓}}{\text{L}}, \text{Single}$

Single II (1-4 meas)