

NARINO

Pronunciation: nao ren no
Meter: 4/4 and 6/4
Music: Teaching cd #5
Formation: Semi circle, arms down and hold hands in V position, connecting with little fingers

P A T T E R N

INTRO: 4 turns of the melody, start with the singing

FIG.1A

- ct.1 Step on R to diagonally Rt, swing arms back to Fwd
- ct.2 Step on L to diag. fwd crossing in front of R, swing arms fwd to back
- ct.3 Step on R to diagonally Rt, swing arms back to fwd
- ct.4 Step on Right in place and lift Left up, swing arms all the way up to Rt
- ct.5 Step back on Left, twist R on toe, R hill moves to Lt, move arms to Lt
- ct.6 Step back on Right, twist L on toe, L hill moves to Rt, move arms to Rt
- ct.7 Step back on Left, lift R up, move arms to center and a little bounce
- ct.8 Pump Right down, swing arms down/back

FIG.1B

- ct.1 Step on R to Rt, swing arms back to Fwd
- ct.2 Step on L to Rt crossing in front of R, swing arms fwd to back
- ct.3 Step on R to Rt, swing arms back to fwd
- ct.4 Lift L up and pump it down, swing arms fwd to back
- ct.5 Step on Left in place, swing arms back to fwd
- ct.6 Lift R up and pump it down, swing arms fwd to back

Alternate **Fig.1A** and **Fig.1B** on singing parts and do only **Fig.1A** when it is instrumental