

# Narino

Pronunciation: nao ren no

Music: Teaching cd #5

Formation: Semi-circle, arms down and hold hands in V position, connecting with little fingers

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METER: 4/4 and 6/4

PATTERN

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Counts

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

**FIG. 1A**

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

**FIG. 1B**

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