

Online Sejong culture

Korean Culture



Sejong culture class
Online Korean Culture beginner courses

▶ K-POP dance



6:52/21:00





세계 세종학당
King Sejong Institute



K-POP dance

'Not Shy' of ITZY	07
'Dynamite' of BTS	12
'Lovesick girls' of BLACKPINK	16



'Not Shy' of ITZY



Instructor Ham Kyu-hee (left)
Instructor Cha Wan-ho (right)

Hello! Students of Sejong Institute!
This time, we're going to learn ITZY's Not Shy chorus part.

Part 1

1. Right foot / Left foot / Right foot + Hand



Take your right foot



Left foot behind right foot



Bring your right foot



Slide the right arm from bottom to top and move it with the foot movement.

2. Left foot / Right foot / Left foot + Hand movement

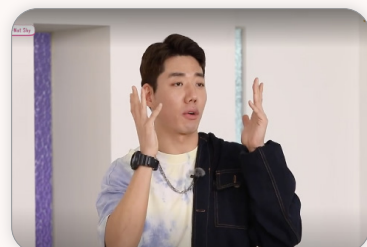


Perform the first continuous operation equally on the other side.



Slide the right arm from bottom to top and move it with the foot movement.

3. Wrap the little finger



Open your feet, raise your hands



Fold your little finger

4. Left foot / Right foot /
Left foot + V hand movement



Perform the first continuous operation equally on the other side.

5. Left foot / Right foot /
Left foot + V hand movement



Perform the first continuous operation equally on the other side.

6. V Hand movement 1



Let me draw a V in my eyes



Turn your head and pelvis from right to left.



The torso faces diagonally to the right.

7. V Hand movement 2 (Repeat 2 times)



Turn your torso in a diagonal line.



Keep your head down



Turn your head the other way.



Comes back to its place. (Repeat 2 time)

8. Nod and finish



Put your right foot behind your left foot and point your hands down diagonally



Put your right hand to the forehead's right side, support your right elbow with your left hand.



Put your legs together



Nods his head twice.



'Not Shy' of ITZY

1

9. Shoulder tapping and other points choreography



Push the right foot to the right while squeezing the right fist.



Push the other hand the same way as your left foot goes out.



Move your right foot diagonally and tap your left shoulder with your right hand.



The right hand points diagonally down and moves forward, turning the chest from right to left.



Put your feet together, wave your hands together with your pelvis and lift them up



Hold the shoulder, and then lower the right shoulder slightly.



Place your right hand over your left shoulder and lower it diagonally, and place your left hand over your right shoulder.



Both hands clench fists and make an "X".



After lowering both hands, return the pelvis and head from right to



Open both legs, bend your knees, and place your hands together in front of your mouth.

10. Point choreography using the palm



Pull both hands outward twice and clench your fists.



As I got up I put my feet together overlapped my hands and covered my mouth,



Turn your head to the right and look straight ahead again.

'Not Shy' of ITZY



Hello! Students of Sejong Institute!
This time, we're going to learn ITZY's Not Shy chorus part-2.

Instructor Ham Kyu-hee (left)
Instructor Cha Wan-ho (right)

Part 2.

1. Dance to cover your mouth (repeat twice)



Spread your right hand and raise it to shoulder level



Raise your left foot while covering your mouth. (Repeat twice)

2. Thumb + index finger point choreography



Extend your right hand over your shoulder and attach your thumb and index finger



The right leg goes diagonally



The right hand draws a beautiful line and lowers it.

3. Choreography using the palm



Open both legs, bend the knees, and extend both hands up and down.



Leave the left foot behind and spread the hand so that the floor is visible.



Push back and forth at the intersection and step back.



The hands change according to the feet.



4. Shaking hands and legs up like fallen leaves



Spread both hands and raise them by waving them to the left and right at the same time.



At this time, the left foot also wakes up with the knee slightly bent and waving to the left and right at the same time with the hand.



Put both feet together, and both hands draw a circle with the chest.

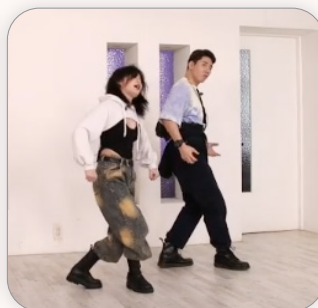
5. Draw a circle while moving the center of gravity



Open your palms and spread your hands to the side, bring your right foot in front of your left foot, and look diagonally.



At this time, the center of gravity of the leg is moved forward and backward, while the chest is returned in a circle.



Fold the elbow slightly and return the head in a circular motion.



We learned choreography together like this.
How was it?
Please continue to love K-POP a lot in the future.

Shall we do it together?

There are many difficult moves, but with us, If you learn one move after another, you'll be able to complete the cool move.

'Dynamite' of BTS



Instructor Ham Kyu-hee (left)
Instructor Cha Wan-ho (right)

Hello! Students of Sejong Institute!
This time, we're going to learn BTS's Dynamite Part 1.

Part 1

1. Choreography using jacket



Go forward by lifting the heels one by one



Holding the jacket with both hands at the same time



Pull it towards your chest



Push the lower part of the jacket back



Raise your arms at waist level and lean your shoulders forward.

2. Knee twist



Cover your mouth slightly with your right hand and open only your right leg to the side.



It turns only the direction of the body in the opposite direction.



'Dynamite' of BTS

2



Lower your right hand down and slightly bend both knees to lower your posture.



Get up while twisting the right knee 3 times.

3. Arm twist



Extend the right arm diagonally upward, and the right leg slightly raises the heel and bends the knee.



Proceed in the same way on the left side, and repeat 4 times, alternating both sides.



While sitting with your back bent, stretch your right arm to the side.



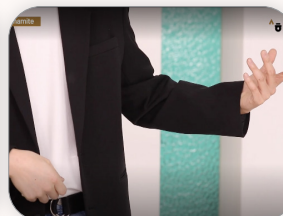
The left side also proceeds with the same operation.

4. Movement like playing a guitar (arms and legs simultaneously)



Category operation (leg)

1. Place one foot diagonally in front, lift the heel, and turn the other foot toward the outside by lifting the forefoot.
2. Repeat the same motion 6 times by changing feet, and then move forward little by little.



Category action (arm)

1. Lower your arms while drawing round
2. Raise your arms in front of your chest, clench your fists, and bounce forward give. (Repeat twice)
3. Make hand movements like playing a guitar.



Stretch your left foot diagonally



Bring your fingertips into contact and turn your head back to the right



It comes down to the left.

'Dynamite' of BTS



Instructor Ham Kyu-hee (left)
Instructor Cha Wan-ho (right)

Hello! Students of Sejong Institute!
This time, we're going to learn BTS's Dynamite Part 2.

Part 2.

1. The main chorus action

"Nana nana nana nana nana~"



Category operation (leg)

1. Place your left foot diagonally behind your right foot, and take your forefoot at this time.
2. Step the left foot behind you to the left.
3. Repeat the above 2 actions 5 times.



Category action (arm)

1. Stretch your arms and hands down from the waist.
2. Perform the above movements alternately to the right and left.
3. Perform the above motion with the leg motion.



Everyone, have you watched the video and tried it?
Please continue to love K-POP a lot in the future.
Thank you.

Shall we do it together?

Let's learn the key points of disco dance to the cheerful rhythm.



'Lovesick Girls' of BlackPink



Instructor Cha Wan-ho (left)
Instructor Ham Kyu-hee (right)

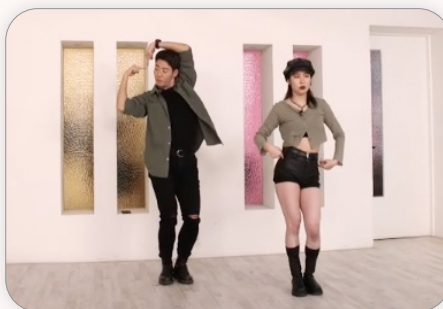
Hello! Students of Sejong Institute!
This time, we're going to learn Black Pink's Lovesick Girl
Part 1.

Part 1

1. Make a heart

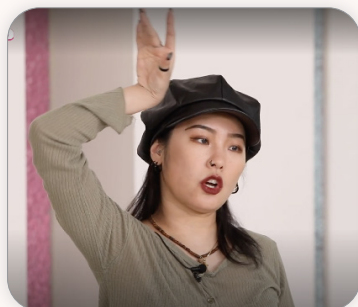


Make a heart with both index fingers



It moves the pelvis and the heart from side to side.

2. Upper body point motion



Hit your head twice with the back of your left hand

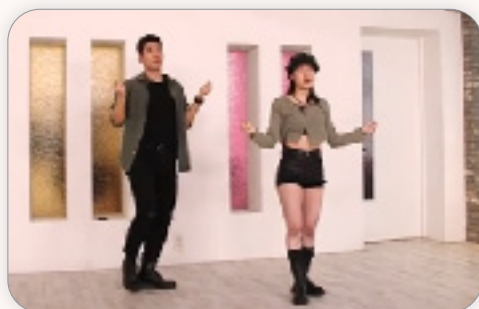


Return the head and hands together.

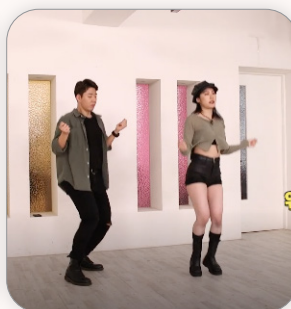


At this time, the head and pelvis are turned in the same direction.

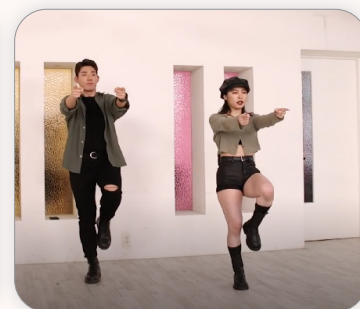
3. Jump rope motion



Looking sideways, stretch one leg and return both hands slowly as if skipping a rope.



Make two jumps and turn to the other side.



Extend both arms and point to the front with your index finger and raise your left leg.



Instructor Cha Wan-ho (left)
Instructor Ham Kyu-hee (right)

Hello! Students of Sejong Institute!
This time, we're going to learn Black Pink's Lovesick Girl
Part 2.

Part 2

1. Come and meet



They cross each other and move away in opposite directions.



Raise the arm and draw in a semicircle, pointing to the left and right, and move the pelvis to both sides.

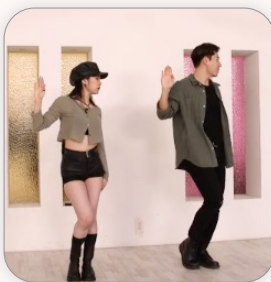


Pointing at each other with one hand, they approach and put both hands together.



Stretch the outer leg back, bend the knee slightly, and then push it up.

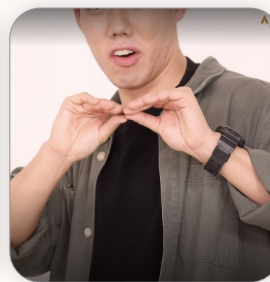
2. Ending motion



Reverse hand and face



Draw a heart with your fingers



I made a triangle and pressed it



Lower your arms.

Shall we do it together?

Let's understand and follow the various cute point dance moves.



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