

Bombay Bhangra

拍数: 96 墙数: 1 级数: Phrased Intermediate
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音乐: The Bombay - Francesca Maria & Drooid



Intro: 32 Counts - Sequence: A,B,C,A,B,C,B,A,C

Note: Many of the movements are based on Bhangra. The idea behind it is to be as BIG as possible! High Energy, Long neck, Big Smiles! Weight starts on left foot

A: 32 COUNTS

A1: TAP WITH ARM CIRCLE CLAP, STEP TAP ARMS UP X4

&1&2&3&4 Circle both arms down and make little circles(&) Clap hands and tap R to L(1) Step R to R(&) Bring both arms up to R, palms facing out to R and tap L to R(2) Circle both arms down and make little circles(&) Clap hands and tap R tap L(3) Step R to R(&) Bring both arms up to R, palms facing out to R and tap L to R(4)

&5&6&7&8 Circle both arms down and make little circles(&) Clap hands and tap R tap L(5) Step R to R(&) Bring both arms up to R, palms facing out to R and tap L to R(6) Circle both arms down and make little circles(&) Clap hands and tap R tap L(7) Step R to R(&) Bring both arms up to R, palms facing out to R and tap L to R(8)

Note: This is also known as Sheesha in Bhangra. Make it BIG! Smile! The claps are low below waist level. Easy Option: Take out arm circles and just clap low

A2: STEP TOGETHER STEP FLICK W/ARMS PALMS UP X2, CHASE ½ TURN, ½ TURN BACK, STEP SIDE

1&2& Turn palms up, and push them out to R as you step L to L side(1) Bring hands slightly in as you step R together(2) Step to L as you push arms slightly out(&) Bring hands slightly in as you flick R back(&)

3&4& Switch arms to L side, keeping palms up as you step R to R(3)) Bring hands slightly in as you step L together(2) Step to R as you push arms slightly out(&) Bring hands slightly in as you flick L back(&)

5&6,7,8 Step L fwd(5) turn ½ R(&) Step L fwd (use this as a prep step)(6) ½ turn L stepping back on R(7) Step L to L side(8)

A3: STEP KNEE LIFT TO SIDE W/OPPISITE ARM REACH X4, STEP FLICK WITH ARM SWAY X4

1&2&3&4& Step R to R side(1) Lift L knee up and slightly out to L as you give a little hop on R, bringing R hand up above head, palm facing in(&) Step L to L(2) Lift R knee up and slightly out to R as you give a little hop on L, bringing L hand up above head, palm facing in(&) Step R to R side(3) Lift L knee up and slightly out to L as you give a little hop on R, bringing R hand up above head, palm facing in(&) Step L to L(4) Lift R knee up and slightly out to R as you give a little hop on L, bringing L hand up above head, palm facing in(&)

5&6&7&8& Step R to R side leaning fwd, bending at the waist and swing both arms to R as you look to R(5) Flick L behind R(&) Step L to L side still leaning fwd and bent at the waist, swing both arms to L as you look to L(6) Flick R behind L(&) Step R to R still leaning fwd, bending at the waist and swing both arms to R as you look to R(7) Flick L behind R(&) Step L to L side still leaning fwd and bent at the waist, swing both arms to L as you look to L(8) Flick R behind L(&)

Note: This is also known as Haathi Chaal. Make it BIG! Smile!

A4: STEP KNEE LIFT TO SIDEW/OPPISITE ARM REACH X4, STEP FLICK WITH ARM SWAY X4

1&2&3&4& Step R to R side(1) Lift L knee up and slightly out to L as you give a little hop on R, bringing R hand up above head, palm facing in(&) Step L to L(2) Lift R knee up and slightly out to R as you give a little hop on L, bringing L hand up above head, palm facing in(&) Step R to R side(3) Lift L knee up and slightly out to L as you give a little hop on R, bringing R hand up above head, palm facing in(&) Step L to L(4) Lift R knee up and slightly out to R as you give a little hop on L, bringing L hand up above head, palm facing in(&)

5&6&7&8& Step R to R side leaning fwd, bending at the waist and swing both arms to R as you look to R(5) Flick L behind R(&) Step L to L side still leaning fwd and bent at the waist, swing both arms to L as you look to L(6) Flick R behind L(&) Step R to R still leaning fwd, bending at the waist and swing both arms to R as you look to R(7) Flick L behind R(&) Step L to L side still leaning fwd and bent at the waist, swing both arms to L as you look to L(8) Flick R behind L(&) Weight ends on L

Note: This is also known as Haathi Chaal. Make it BIG! Smile!

B: 32 COUNTS

B1: SKIP, WALK X2, STEP ¼ CROSS, ½ TURN BACK, CROSSES X3

&1, 2,a3,4 Weight is on L, give a little hop/skip as you bring R knee up(&) Walk fwd R(1) Walk fwd(2) step R fwd(a) making ¼ L stepping L to L side(3) Cross R over L(4)

A5,6&7&8 □ Make ¼ R stepping back on L(a) Make a ¼ R stepping R to R side(5) Cross L over R(6) Step R to R side(&) Cross L over R(7) Step R to R side(&) Cross L over R(8) □

B2: CROSS SAMBA, CROSS SAMBA ¼ LEFT, BEHIND SIDE FORWARD PREP, FULL TURN, TOUCH

1a2, 3a4 Step R fwd and across L(1) Rock L to L(a) Cross L over R(a) Recover weight to R(2) Cross L over R(3) Make a ¼ L stepping back on R(a) Step L to L side(4)

5a6,7,8 Step R behind L(5) Step to L side(a) Step R fwd and slightly across L (think is a prep step)(6) On ball of R foot, turn a full turn over L and step L fwd(7) Touch R to L(8)

B3: SNAKE CHARMER/HIPS AND CHEST ISOLAIONS W/ARMS, TAP W/HIPS FRONT, SIDE, BEHIND SIDE TOGETHER, TAP

1,2,3,4 Roll R heel up as you roll R hip up and clockwise, stepping down on R at the end(1) Roll L heel up as you roll L hip counter clockwise, stepping down on L at the end(2) Weight on L push R chest our t R(3) Roll chest around counter clockwise to L(4)

Note: Styling for this is dancers choice! Add as much or as little chest isolations as you like! Think snake charmer! Arms can be used in a waving motion. Whatever hip goes, that arm waves out

5,6,7&8 Tap R toes fwd and roll hips fwd(5) Tap R side and roll hips side(6) Step R behind L(7) Step L to L side(&) Step R together(8)

B4: SNAKE CHARMER/HIPS AND CHEST ISOLAIONS W/ARMS, TAP W/HIPS FRONT, SIDE, LEFT SAILOR STEP

1,2,3,4 Roll L heel up as you roll L hip up and counter clockwise, stepping down on L at the end(1) Roll R heel up as you roll R hip clockwise, stepping down on R at the end(2) Weight on R push L chest our to L(3) Roll chest around clockwise to R(4)

Note: Styling for this is dancers choice! Add as much or as little chest isolations as you like! Think snake charmer! Arms can be used in a waving motion. Whatever hip goes, that arm waves out

5,6,7&8 Tap L toes fwd and roll hips fwd(5) Tap L toes side and roll hips side(6) Step L behind R(7) Step R to R side(&) Step L center(8)

C: 32 COUNTS

C1: BIG KNEE LIFT TO TAPS FWD AND BACK W/ SINLGE ARM MAKING ½ CIRCLE X4, STEP SIDE

1&2 Bring R knee up and around to L as you tap R toes across L, your body will be turning to face R(1) ARMS: You will have your L arm out to the side palm facing out fingers pointed up. As you bring R knee up you will bring your R arm up and over your head from R to L, meeting R hand to L. Palm facing out, fingers pointed up. Giving a little bounce on L, start to bring R knee and arm up(&) continue bringing R knee and arm up opening to R as you tap R toes back, R palm will be facing opposite wall of L. body still facing L.

&3&4 Giving a little bounce on L start to bring R arm and R knee around to L(&) Tap R toes across L bringing R palm to L(3) giving a little bounce on L, start to bring R knee and arm up(&) continue bringing R knee and arm up opening to R as you tap R toes back(4)

&5&6 Giving a little bounce on L start to bring R arm and R knee around to L(&) Tap R toes across L bringing R palm to L(3) giving a little bounce on L, start to bring R knee and arm up(&) continue bringing R knee and arm up opening to R as you tap R toes back(6)

&7&8 Giving a little bounce on L start to bring R arm and R knee around to L(&) Tap R toes across L bringing R palm to L(3) giving a little bounce on L, start to bring R knee and arm up(&) continue bringing R knee and arm up opening to R as you step down on R(8)

Note: Imagine R knee and arm are attached by a string. They travel together. This is also known as a variation of Dhoom Tana. Make it BIG! SMILE!

Easy Option: Take out bounces on L leg and simply tap. Keep arm variation low if needed.

C2: HOP HOP LIFT TO LEFT WITH ARMS PUSHES FORWARD X4

1&2, 3&4 Weight on balls of both feet, about shoulder width apart hop to L side(1) hop to L side(&) Hop to L on L, and flick R back(2) ARMS: Start at chest height, L in front of chest, R extended out to R side, fingers pointed up, palms out. As you hop you are pushing hands fwd and around to L so L arm ends extended to L with R in front of chest. Bringing R down, hop on both feet out to R(3) hop on both feet ut to R(&) hop onto R and flick L back(4) ARMS: Start at chest height, R in front of chest, L extended out to R side, fingers pointed up, palms out. As you hop you are pushing hands fwd and around to R so R arm ends extended to R with L in front of chest.

5&6, 7&8 Weight on balls of both feet, about shoulder width apart hop to L side(5) hop to L side(&) Hop to L on L, and flick R back(5) ARMS: Same as 1&2

Bringing R down, hop on both feet out to R(7) hop on both feet out to R(&) hop onto R and flick L back(8)

ARMS: Same as 3&4

Note: This is also known as a variation of Jandi Singja. Make it BIG! Smile!

Easy Option: Instead of hops on both feet, you can take little steps side to side, ending with the flick back.

C3: BIG KNEE LIFT TO TAPS FWD AND BACK W/ SINLGE ARM MAKING ½ CIRCLE X4, STEP SIDE

1&2 Bring L knee up and around to R as you tap L toes across R, your body will be turning to face R(1) Giving a little bounce on R, start to bring L knee and arm up(&) continue bringing L knee and arm up opening to L as you tap L toes back, L palm will be facing opposite wall of R. body still facing R.(2)

ARMS: Same as above 8 count, bringing palms together then opening up to left side

&3&4 Giving a little bounce on R start to bring L arm and L knee around to L(&) Tap L toes across R bringing L palm to R(3) giving a little bounce on R, start to bring L knee and arm up(&) continue bringing L knee and arm up opening to L as you tap L toes back(4)

Arms: Same as above, 8 opening up to L as you tap back

&5&6 Giving a little bounce on R, bringing L knee and arm up(&) finishing bringing around to R as you tap L toes across R, your body will be turning to face R(5) Giving a little bounce on R, start to bring L knee and arm up(&) continue bringing L knee and arm up opening to L as you tap L toes back, L palm will be facing opposite wall of R. body still facing R.(6)

ARMS: Same as above 8 count, bringing palms together then opening up to left side

&7&8 Giving a little bounce on R, bringing L knee and arm up(&) finishing bringing around to R as you tap L toes across R, your body will be turning to face R(7) Giving a little bounce on R, start to bring L knee and arm up(&) continue bringing L knee and arm up opening to L as you L to L side(8)

C4: HOP HOPS LIFT TO RIGHT WITH ARMS PUSHES FORWARD X3 MAKING ¼ RIGHT, STEP ½ RIGHT, STEP ¼ RIGHT STEPPING LEFT SIDE

1&2, 3&4 Weight on balls of both feet, about shoulder width apart hop to R side(1) hop to R side(&) Hop to R on R, and flick L back(2) Bringing L down, hop on both feet out to L(3) hop on both feet out to L(&) hop onto L and flick R back(4) ARMS: Same as above Jandi Singja variation

5&6, 7&8 Weight on balls of both feet, about shoulder width apart hop to R side(5) hop to R side(&) Hop to R on R, and flick L back making a ¼ turn R onto R(6)

ARMS: Same as 1&2 Step L fwd(7) ½ turn pivot R(&) ¼ R stepping L to L side(8)

ENDING: The 3rd time you dance C, after you make the ¼ R there is one more heavy beat. Strike a pose!

Option, both arms up and out in a "U" Shape, chest and shin up!
