

Jai Ho

拍数: 0

墙数: 0

级数: Phrased Intermediate (with an Indian touch)



编舞者: Amy Christian (USA) - March 2009

音乐: Jai Ho! (You Are My Destiny) (feat. Nicole Scherzinger) - A. R. Rahman & The Pussycat Dolls

Sequence: A minus B, A minus BCC, AB, A minus B, A minus BCC, ABBCC, BB.

Intro: 32 Count. (Keep in mind that the arm movements are optional)

Part A 32 Counts (The first 16 Counts of Part A is A Minus)

Rocking Chair, Side, Rock, Step, Hold

1-4 Rocking Chair,

5-8 Rock to R side, Recover, Step R next to L, Hold, (or Touch L next to R),

(There are optional arm movements – look out for video)

Rocking Chair, Side, Rock, Step, Hold

1-4 Rocking Chair,

5-8 Rock to L side, Recover, Step L next to R, Hold, (or Touch R next to L),

(A Minus ends here).

Side, Rock, Recover, Side, Rock, Recover X 2

1&2 3&4 Step R to R side(1), Step behind R on the ball of L foot(&), Replace on R foot(2), Step L to L side(3), Step behind L on the ball of R foot(&), Replace on L foot(4),

5&6 7&8 (Repeat counts 1&2 3&4),

¼ Paddle Turns with Hip Rolls X 4

1-2 Step fwd on R foot, Pivot ¼ turn left, rocking weight onto L foot (Roll hips)

3-4 Step fwd on R foot, Pivot ¼ turn left, rocking weight onto L foot (Roll hips)

5-8 (Repeat counts 1-4)

Just keep in mind that the full 32 counts of Part A, is only done twice in the whole dance and its done right after the Part CC's.

Part B 16 Counts

Step, Hold, Straighten Up, Hold, ¼ Hitch Heel Bounce, Heel Bounce, Step, Touch

1-2 Step R to R side bending knees, hands above your head, clasp together(1), Hold(2),

3-4 Straighten up & step L foot next to R with no weight, , Hands still clasped together at chest level(3), Hold(4),

5-6 Hands still clasped together at chest level, Hitch L foot ¼ turn left, Bouncing R heel twice,

7-8 Step fwd on L foot, Touch R foot next to L foot,

Out, Out, Shoulder Pops, Rock Back, Recover, Step, Pivot ¼

1-2 (Drop hands)Step R to right side, Step L to left side,

3-4 Pop R Shoulder, Pop L Shoulder,

5-6 Rock back on R foot, Recover on L foot,

7-8 Step fwd on R foot, Pivot ¼ turn left on L foot,

Part C 32 Counts

R Samba, L Samba, R Samba, L Samba

1&2 Cross R foot over L, Step L to the side, Rock R in place,

3&4 Cross L foot over R, Step R to the side, Rock L in place,

5&6 7&8 (Repeat counts 1&2, 3&4)

Optional Arms – Look at hands as hands cross in flowing motion, moving upwards.

Rock, Recover, Full Triple, Rock, Recover, Triple ½ Turn

1-2 Rock fwd on R foot, Recover on L foot,
3&4 Triple Full turn right, R,L,R,
5-6 Rock fwd on L foot, Recover on R foot,
7&8 Triple ½ turn left, L,R,L,

Cross, Point, Cross, Point, Jazz Box,

1-2 Cross R foot over L foot, Touch L foot out to L side,
3-4 Cross L foot over R foot, Touch R foot out to R side,
5-6 Cross R foot over L foot, Step back on L, Step R to R side, Step L next to R,

Step Bump Bump X 2, Sway X 4

1-2 Step R foot to R side and bump R hip twice, Bump L hip twice,
5-6 Sway, R, L, R, L,

The Finish

On the last Part B, you will be at the 9 'o clock wall, dance right till the Shoulder Pops, on counts 3-4 (11-12), on count 5, just make a ¼ turn right facing the front wall, stepping R foot to right side, knees bent, hands clasped together! Hold that pose!

Have fun with it! It's a lot easier than it looks here on this step sheet!

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