

Hare Ram

拍數: 88 牆數: 4 級數: Phrased Intermediate
編舞者: Jennifer Choo Sue Chin (MY) - January 2008
音樂: Bhool Bhulaiyaa - Neeraj Shridhar : (Title song for Bollywood movie Bhool Bhulaiyaa)



Hare Ram: pronounced as Ha Ray Rum

Phrasing:: Intro (3x8) AABC A-(24cts*) AAAC A-(16cts**) AAAC ABCCC

Part A (32 counts)

MAKE ¼ MONTEREY TURN, POINT BALL STEP, ROCK RECOVER, LEFT FULL TRIPLE STEP TURN

- 1-2 □ Point RF to R, ¼ turn R on ball of LF bringing RF next to LF (3:00)
3&4 □ Point LF to L, bring LF next to RF, step RF fwd
5-6 □ Rock LF fwd, recover on RF
7&8 □ ½ turn L stepping LF on the spot, ½ turn L stepping RF on the spot, step LF on the spot
(easier option: left coaster step)

HIP ROLLS, CROSS ROCK RECOVER, ½ SAILOR CROSS

- 1-2 □ Step RF to R roll hips to the R (CW), Roll hips to the L (CCW) (This 2 counts completes a figure 8 motion) Arms: For counts 1-4, raise both arms above for a sexier Bollywood feel
3&4 □ Bump hips to the R, Return hips to centre, Bump hips to the R
5-6 □ Cross rock LF over RF, recover on RF
7&8* * □ ½ turn L stepping LF behind RF, step RF to R, cross LF over RF (9:00)

**At the 2nd restart, do a ¼ sailor cross instead to face the front wall.

POINT, HOLD, SHOULDER JERKS, KICK BALL POINT, HEAD ROLL ¼ TURN LEFT

- 1-2 □ Point RF to R and Raise R palm (facing outwards) next to face with face towards palm, hold on count 2
&3&4 □ Still in the same position - Jerk both shoulders forward and back twice
5-6 □ Kick RF fwd, step ball of RF next to LF, point LF out to L
7-8* Head roll to the left with a ¼ turn left over 2 counts, stepping forward on LF on count 8 (6:00)
*1st restart after count 24, you'll be facing the back wall.

STEP TOUCHES, PIVOT TURN, PIVOT TURN

- 1-2 □ Step RF to R, touch LF slightly behind RF

Arms: Throw arms high up on count 1, bring hands towards chest on count &, then throw both arms to the right on count 2.

- 3-4 □ Step LF to L, touch RF slightly behind LF

Arms: Throw arms high up on count 3, bring hands towards chest on count &, then throw both arms to the left on count 4.

- 5-6 □ Step RF forward, ½ turn left shifting weight on LF (12:00)
7-8 □ Step RF forward, ½ turn left shifting weight on LF (6:00)

Part B (24 counts)

TURNING DOROTHY STEPS, APPLEJACKS TO THE RIGHT

- 1-2& □ Step RF diagonally to R, step ball of LF behind RF, step RF diagonally to R
3-4& □ ¼ turn R step LF diagonally to L, step ball of RF behind LF, step LF diagonally to L
5& □ Placing RF next to LF in a V shape, on heel of LF twist L toe to R and on ball of RF twist R heel to R,
6& □ On ball of LF twist L heel to the right and on heel of RF twist R toe to R, On heel of LF twist L toe to R and on ball of RF twist R heel to R

7&8 ☐ On ball of LF turn L heel to the right and on heel of RF twist R toe to R, On heel of LF twist L toe to R and on ball of RF twist R heel to R, On ball of LF turn L heel to the right and on heel of RF twist R toe to R (keep weight on RF on count 8)

Easier option: counts 5-8 can be replaced with jogging small steps to the right with both knees bent

TURNING DOROTHY STEPS, APPLEJACKS TO THE LEFT

9-16 ☐ Mirror image of counts 1-8 to the left

DOROTHY STEPS, SWAY HIPS

17-18& ☐ Step RF diagonally R, step ball of LF behind RF, Step RF diagonally to R

19-20& ☐ Step Lf diagonally L, step ball of RF behind LF, Step LF diagonally to L

21-24 ☐ Sway hips R, L, R, L

Arms: Sway both arms above head R, L, R, L

Part C - Hare Ram (32 counts)

HARE RAM ARM MOVEMENTS

1-4 ☐ With 3rd and 4th fingers folded in on both palms, straighten out both arms forward, and palms facing down. Cross right palm over left palm twice on counts 1-2 and switch left palm over right palm on counts 3-4

Optional: Bump hips R twice on counts 1-2, bump hips L twice on counts 3-4

5-8 ☐ With 2nd, 3rd and 4th fingers folded in on both hands, place right hand left of face with thumb pointing to the mouth, point left thumb to right pinkie

On every count, rotate both hands back and forth while both hand move rightwards across the face: 6: Right thumb to Left pinkie, 7: Left thumb to Right pinkie, 8: Right thumb to left pinkie, the left thumb should be pointing to the right side of the face pointing to the mouth. These 4 counts signify playing of the flute.

Optional: Bump hips R, L, R, L on every count

BOLLYWOOD SHIMMIES

9-12 ☐ Keeping weight on LF throughout, shimmy diagonally right forward on counts 9-10, shimmy back on counts 11-12

13-16 ☐ Keeping weight on LF throughout, shimmy diagonally left forward on counts 13-14, shimmy back on counts 15-16

17-32 ☐ Repeat counts 1-16 again.

Ending:

In the final 3 C's, dancers can move freely around the dance floor doing counts 1-8 to look for a partner. On counts 9-16, do the Bollywood shimmies facing the partner. Then move around to the next partner on the next 8 counts and so forth. The shimmies can also be done in a group/circle.

Enjoy!
