

J Ho

拍數: 64

牆數: 4

級數: Intermediate / Advanced (ACW rotation)



編舞者: Maggie Gallagher (UK) - March 2009

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

Intro : 32 counts (14 secs)

S1: TOUCH, PRESS, HEEL SWIVELS, KICK, CROSS, 3/4 UNWIND, LEFT RONDE

- 1,2 Touch right toe next to left, Press right toe forward on right diagonal (12.00)
3,4 Swivel right heel out, Swivel right heel in
5,6 Recover onto left kicking right foot forward on a right diagonal, Cross right over left
7,8 Unwind 3/4 turn to left (keeping weight on right), Ronde sweep left toe behind right (3.00)

S2: CROSS, SIDE, 1/2 HINGE-CHASSE, 1/2 HINGE-ROCK, RECOVER, WALKS FORWARD

- 1,2 Cross left behind right, Step right to right side
3&4 1/2 hinge turn to right stepping left to left side, Step right beside left, Step left to left side (9.00)
5,6 1/2 hinge turn right rocking out to right side, Recover onto left (3.00)
7,8 Walk forward right, Walk forward left

S3: OUT-OUT, ROCK BACK, RECOVER, SIDE, POINT BACK, UNWIND 1/2 LEFT, WALKS R, L

- &1 Stomp out to right side, Stomp out to left side (feet shoulder width apart)
Optional arms: (&1) Right arm is raised and pointing towards the right diagonal. The right palm is facing away and is vertical.
The left arm is horizontal and crossed in front of the chest. The left palm is also vertical and facing right.
2,3 Rock back diagonally on right, Recover onto left
4 Step to right side
5,6 Point left toe back, Unwind 1/2 turn to left placing weight on left (9.00)
7,8 Walk forward right, Walk forward left

S4: OUT-OUT, ROCK BACK, RECOVER, SIDE, POINT BACK, UNWIND 1/2 LEFT, WALKS R, L

- &1 Stomp out to right side, Stomp out to left side (feet shoulder width apart)
Optional arms: (&1) Right arm is raised and pointing towards the right diagonal. The right palm is facing away and is vertical.
The left arm is horizontal and crossed in front of the chest. The left palm is also vertical and facing right.
2,3 Rock back diagonally on right, Recover onto left
4 Step to right side
5,6 Point left toe back, Unwind 1/2 turn to left placing weight on left (3.00)
7,8 Walk forward right, Walk forward left

S5: TOE-TAP TURN, HEEL TAP, HOLD, INDIAN HEEL ROCKS, TOGETHER-FLICK

- 1,2,3 Make 1/2 turn left whilst tapping right toe out (tap, tap), Tap right heel forward (9.00)
4 HOLD
5 Drop right toes down whilst rocking forward onto right foot and raising left heel
6 Drop left heel down whilst rocking back onto left foot and raising right toes
7 Drop right toes down whilst rocking forward onto right foot and raising left heel
8 Step left next to right whilst flicking right foot back (9.00)

Optional arms: (1-8) The right arm is horizontal and pointing to the right side. The left arm is crossed in front of the chest. The middle finger and thumb are touching on each hand.

S6: STEP, 1/2 PIVOT LEFT, STEP, HOLD, FULL TURN RIGHT, STEP LEFT, 1/2 PIVOT RIGHT

- 1,2 Step forward on right, 1/2 pivot turn left (3.00)
- 3,4 Step forward on right, HOLD
- 5,6 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right (3.00)
- 7,8 Step forward on left, 1/2 pivot turn right (9.00)

TAG & RESTART – During wall 3 Dance up to count 44, then, whilst facing the (9.00) wall (dance steps as follows)

- 5,6 Walk forward L,R
- 7,8 Walk Forward Left, Point right to right side

(Optional arms: (count 8 only) as S5:Arms)

(Then restart the dance from the beginning)

S7: CROSS, POINT, CROSS, POINT, CROSS, SIDE BUMP RIGHT, HIP BUMPS L, R, L

- 1,2 Cross left over right, Point right to right side
- 3,4 Cross right over left, Point left to left side
- 5 Cross left over right

Optional arms: (1-5)Put arms straight down with palms facing ground and bounce shoulders in time with the steps as if bouncing balls.

- 6 Step right to right side bumping hips to right side
- 7&8 Bump hips L, R, L (9.00)

Optional arms: (6-8) Arms are bent at the elbow with closed palms facing yourself. The clenched fists are alternately pushed up & down in opposite motion to the hip bumps, i.e. left fist raised while right hip bumps right.

S8: LEFT CROSS, DIAGONAL TOE PRESS, HEEL TAPS, RIGHT JAZZ WITH LEFT CROSS

- 1,2 Cross right over left, Press left toe forward on left diagonal (heel raised)
- 3,4 Tap left heel twice (leaving it down on the second tap)
- 5,6 Cross right over left, Step back on left,
- 7,8 Step right to right side, Cross left over right (9.00)

Repeat

Thanks to Connor for suggesting this music.
