

Mashallah

拍數: 56 牆數: 2 級數: Phrased Improver
編舞者: Lily Liu (MY) - October 2012
音樂: Mashallah by Ek Tha Tiger – Salman Khan & Katrina Kaif (2:57 version)



Sequence : Intro / A B / A B / A B / Tag / B B / A Ending Pose

**** After 16 counts - Start dance (For styling, please refer to demo)

Intro : 32 counts

(I 1) Hip Bumps (x2) , Turn Head, Sway (x3) , Hold

1 2 Bump hips to right twice (weight onto R) .

(Move R elbow towards right side with palm faces down at chest level) .

3 4 Move L palm towards R palm while turning head to right (facing 3:00) . Turn head to front ,
keep weight on R . (facing 12:00)

5 – 8 Sway hips to left , right , left . Hold .

(Move R hand upward in reverse ‘ S ‘ motion) .

(I 2) Hip Bumps (x2) , Turn Head .Sway (x3) , Push Elbow (x2)

1 2 Bump hips to right twice (weight onto R) .

(Move R elbow towards right side with palm faces down at chest level.

3 4 Move L palm towards R palm while turning head to right (facing 3:00). Turn head to front ,
keep weight on R. (facing 12:00)

5 – 7 Sway hips to left , right , left (Move R hand upward in reverse” S “ motion) .

& 8 Push R elbow down and up twice .

(I 3) R Heel Touch (x2) R coaster Step , L Heel Touch (x2) , L Coaster Step

1 2 Touch R heel forward twice .

3 & 4 Step R back . Step L beside R . Step R forward .

5 6 Touch L heel forward .

7 & 8 Step L back . Step R beside L . Step L forward .

(I 4) R Rolling Vine With Touch , L Rolling Vine With Touch

1 2 Turn 1/4 right stepping R fwd . Turn 1/2 right stepping L back .

3 4 Turn 1/4 right stepping R to right . Touch L beside R .

5 6 Turn 1/4 left stepping L fwd . Turn 1/2 left stepping R back .

7 8 Turn 1/4 left stepping L to left . Touch R beside L .

A : 16 counts

(A 1) Hip Bumps (x2) , Turn Head , Sway (x3) , Hold

1 2 Bump Hips to right twice (weight onto R) .

(Move R elbow towards right side with palm faces down at chest level) .

3 4 Move L palm towards R palm while turning head to right (facing 3:00). Turn head to front ,
keep weight on R (facing 12:00)

5 – 8 Sway hips to left , right , left . Hold .

(Move R hand upward in reverse ‘ S ‘ motion) .

(A 2) Hip Bumps (x2) , Turn Head , Sway (x3) , Push Elbow (x2)

1 2 Bump hips to right twice (weight onto R) .

(Move R elbow towards right side with palm faces down at chest level.

3 4 Move L palm towards R palm while turning head to right (facing 3:00). Turn head to front ,
keep weight on R . (facing 12:00)

5 – 7 Sway hips to left , right , left (Move R hand upward in reverse “ S “motion) .

& 8 Push R elbow down and up twice .

B : 40 counts

(B 1) Side , Side , Centre , Centre , Hip Bumps

1 2 Step R out to right . Step L out to left .

(Stretch L arm to right diagonal, R arm to left diagonal)

3 4 Step R to centre. Step L beside R .

(Swing arms above head anti-clockwise)

5&6& Bump hips to right , left , right , left .

(Move hands down on both sides with rolling fingers)

7&8& Bump hips to right , left , right , left .

(R hand moves down on left side of face with rolling fingers)

(B 2) Side , Side , Centre , Centre , Hip Bumps

1 2 Step R out to right . Step L out to left .

(Stretch L arm to right diagonal, R arm to left diagonal)

3 4 Step R to centre . Step L beside R .

(Swing arms above head anti-clockwise)

5&6& Bump hips to right , left , right , left .

(Move R hand downwards along L arm)

7&8& Bump hips to right , left , right , left .

(Move L arm down with rolling fingers)

(B 3) Samba Cross (x2) , Paddle 1/2 turn Left with Hip Push

1 & 2 Cross R over L . Rock L to left .Recover onto R .

3 & 4 Cross L over R . Rock R to right . recover onto L .

5 & Turn 1/8 left touching R toes fwd with R hip push . Recover onto L ..

6 & , 7 & , 8 & Repeat 5 & to complete 1/2 turn right (facing 6:00).

(B 4) Out , Out , In , In , Hip Bumps

1 2 Step R fwd to right . Step L fwd to left .

3 4 Step R to centre. Step L beside R .

5 & Touch R toes fwd (facing R diagonal) while lifting R hip and drop.

6& ,7& ,8& Lift R hips drop three times.

(B 5) Jazz Box (with shimmy shoulder) , Side Mambo (x2)

1 2 Cross R over L . Step L back .

3 4 Step R to right . Close L beside R .

5& 6 Rock R to right. Recover onto L. Step R beside L.

7& 8 Rock L to left. Recover onto R. Step L beside R.

Tag : Heel Bounce 1/2 Turn Left

1 - 4 Step R forward with both heels bounce 1/2 turn left(facing 12:00) .
