

Bollywood

拍數: 120 牆數: 2 級數: Intermediate
編舞者: Wendy Loh (MY) - January 2012
音樂: Hella Décalé (feat. Soldat Jahman & Doukali) - DJ Mam's



Dance starts after the first 32 counts (Refer Intro at the end of this step sheet)

Section 1 : Touch Forward, Step, Touch Back, Step, Cross, Unwind, Bend, Jump

- 1-4 Touch R heel forward, Step RF beside L, Touch L toe back, Step LF beside R
- 5-6 Cross RF over LF, Full turn unwind
- 7-8 Step RF beside LF & bend knees, Jump with both feet apart

Section 2 : Ronde Forward, Step, Ronde Forward, Point, Ronde Back, Step, Ronde Back, Point

- 1-4 Sweep RF from side to front, Step RF forward, Sweep LF from back to front, Touch LF forward
- 5-8 Sweep LF from front to back, Step LF back, Sweep RF from front to back, Touch RF back

Section 3 : Step Diagonally Forward, Cross, Step, Jump R,L (Chorus : Hella Decalé)

- 1-4 Step RF diagonally forward to R, Step LF forward, Step RF forward & bend both knees, Jump on RF & flick LF back
- 5-8 Step LF diagonally forward to L, Step RF forward, Step LF forward & bend both knees, Jump on LF & flick RF back

(Styling : When jump, extend both hands out in front above head)

Section 4 : Walk Back, Bend, Jump, Cross, Point, Cross Point

- 1-4 Step RF back, Step LF back, Step RF together & bend both knees, Jump on both feet & lift both hands up
- 5-8 Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R

Section 5 : Hip Drops 4x, Step Turn, Step Turn

- 1&2&3&4& Touch RF forward & drop R hip (1), lift R hip (&), Continue with 3 sets of hip drop (2&3&4&)
- 5-8 Turn ¼ L & Step RF forward, Turn ½ L & weight on LF, Step RF forward, Turn ¼ L & weight on LF

Section 6 : Bounce with Hand movements, Knee pop

- 1-4 Tap RF twice, Tap LF twice
- 5-6 LF in place & bend R knee in towards L, Step RF in place & bend L knee in towards R
- 7-8 Repeat 5-6

Section 7 : Step Diagonally Forward, Cross, Step, Jump R,L (Chorus : Hella Decalé)

- 1-8 Repeat Section 3

Section 8 : Walk Back, Bend, Jump, Cross, Point, Step Forward, Turn ¼ L Touch

- 1-4 Step RF back, Step LF back, Step RF together & bend both knees, Jump on both feet & lift both hands up
- 5-8 Cross RF over LF, Point LF to L, Step LF forward, Turn ¼ L & touch RF beside LF

Section 10 : Step Side Open Arms, Close Arms, Body Roll

- 1-2 Step RF to R & Turn body out to R & both arms out to side, Turn body to L & cross arms at chest
- 3-4 Both feet in place, hands on the hip, roll body from L to R
- 5-6 Repeat 1-2
- 7-8 Repeat 3-4

Section 11 : Step Side, Together, Step Side, Touch, Walk

1-4 Step RF in place, Step LF beside RF, Step RF to R, Touch LF beside RF

(Styling : Hold fist near chest & do chest pop)

5-8 Turn ¼ L & Step LF forward, Step RF forward, Turn ¼ L & step LF forward, Touch RF beside L

Section 12 : Bouncing with Hands Movement, L to R

1-2 Bounce with weight mainly on RF, both hands extend out in front of body moving up down different ways

3-4 Still bouncing & L arms still out in front, R arm make a full round swing from back to front

5-8 Still bouncing in place, slowly turn body ¼ R and open arms at both side

Section 12 : Bouncing with Hands Movement, R to L

1-2 Turn body ¼ R & bounce with both hands extend out in front of body moving up down different ways

3-4 Still bouncing & R arms still extended in front, L arm make a full round swing from back to front

5-8 Still bouncing in place, slowly turn body ¼ L and open arms at both side

Section 13 : Knee Roll, Step, Turn ½ L, Hip Roll

1-2 Step LF to L & roll R knee in towards L

3-4 Roll R knee out towards R & put weight onto your RF

5-6 Turn ¼ L & Step L in place, Turn ¼ L and step RF to R

7-8 Circle hips from L to R

Section 14 : Step, Turn ½ L, Jump, Bend, Shoulder Shimmies

1-4 Turn ¼ L & Step LF in place, Turn ¼ L & Step RF to R, Jump with both feet, Turn body ¼ L & bend body low

5-8 Shoulder shimmies & slowly straighten body up & turn body ¼ R to face front again

Section 15 : Rolling Vine R, L

1-4 Turn ¼ R & step RF forward, Turn ½ R & step LF back, Turn ¼ R & step RF to R, Touch LF beside RF

5-8 Turn ¼ L & step LF forward, Turn ½ L & step RF back, Turn ¼ L & step LF to L, Touch RF beside LF

Intro (4x8 before dance set in)

1-8 Stand with feet together and slowly do hand circles moving from hips to above head

1-8 Keep L hand straight & slowly move R hand with hand circles down to R hip

1-8 Weight on LF, do 4 sets of hip drop on R hip

1-2 Push chest out, hold (Chest pop)

3-4 Pull chest in, hold

5-8 Quick chest pop – Out (5), In (6), Out (7), In (8)

Restart : Wall 3, dance until Section 14, then restart.

Ending : Wall 4, dance until Section 12, do a Left Rolling Vine and pose.

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