

# Pasanda

拍數: 48                      牆數: 4                      級數: Easy Intermediate  
編舞者: Pat Stott (UK) & Sandra Speck (UK) - August 2013  
音樂: Dil Garden Garden Ho Gaya - Vishal Dadlani : (CD: Top 25 Songs of 2012,  
Bollywood - iTunes)



**Intro: 16 counts starting from heavy beat, starts on the word Arrey, approx. 14 seconds.**

## **TOUCH STEP, TOUCH STEP, TOUCH STEP, TOUCH STEP**

- 1 – 2                      Touch right toe forward, step down on right foot
- 3 – 4                      Touch left toe forward, step down on left foot
- 5 – 6                      Touch right toe forward, step down on right foot
- 7 – 8                      Touch left toe forward, step down on left foot

### **Harder alternative for counts 1 – 8,**

- 1-2                      Touch right toe forward step down on right foot,
- 3-4                      Make ½ turn right stepping back on left toe, step down on left foot step down on right foot,
- 5-6                      Make ½ turn right stepping forward on right toe, step down on right foot,
- 7-8                      Touch left toe forward, step down on left foot

## **HITCH TOUCH FORWARD, HITCH TOUCH SIDE, RIGHT HEEL TOE, LEFT HEEL TOE**

- 1 – 2                      Hitch right knee, touch right toe in front of left
- 3 – 4                      Hitch right knee, touch right toe to right side
- 5 – 6                      Twist right heel to right side, twist right toe to right side, transferring weight to right foot
- 7 – 8                      Twist left heel to right, twist left toe to right (weight on right foot)

## **BEND HEEL, BEND HEEL, HITCH BACK, HITCH BACK**

- 1 – 2                      Transferring weight to left foot bend both knees slightly, straighten up and touch right heel forward towards right diagonal
- 3 – 4                      Transferring weight to right foot bend both knees slightly, straighten up and touch left heel forwards towards left diagonal

### **\*\*Tag here, wall 6**

- 5 – 6                      Hitch left knee, step back on left
- 7 – 8                      Hitch right knee, step back on right foot

## **HITCH BACK, HITCH ¼ TURN RIGHT, HIP PUSH FORWARDS X 2**

- 1 – 2                      Hitch left knee, step back on left
- 3 – 4                      Hitch right knee, step back on right foot, body facing towards right diagonal, only the toe of the left foot in contact with the floor
- 5 – 8                      With weight on right foot push hips forwards, back, forwards, back (easy option hip bumps, l-r-l-r)

### **Styling option for counts 3-8.**

- 3-4                      Bring right arm forward and up in a clockwise direction, leaning slight back on right foot
- 5-8                      With right arm in the air, twist the light bulb action with hand X 2, left hand on left hip

## **STEP SWEEP, CROSS SIDE BEHIND POINT, CROSS HITCH TURN**

- 1 – 2                      Facing 12 o'clock, step forward on left foot, sweep right foot out and forward
- 3 – 4                      Cross right foot over left, step left foot to left side
- 5 – 6                      Step right foot behind left, point left foot to left side turning body towards right diagonal (1.30)
- 7 – 8                      Cross left foot over right (still facing 1.30) hitch right knee, make ½ turn left on ball of left foot to face back diagonal (7.30)

## **STEP KICK, BACK TOUCH, STEP, PADDLE TURNS x 2, TOGETHER**

- 1 – 2                      Step forward on right foot, still facing diagonal (7.30), kick left foot forward

3 – 4            Step back on left foot, touch right toe slightly back  
5 – 6&           Step forward on right foot, touch left toe forward paddle 3/8 right  
7 & 8            Touch left toe forward paddle ¼ right, close left foot next to right (3 o'clock)  
**Styling option for counts 5 – 8 Arms out to side, slightly bent, palms facing down, lean into turn**

**\*TAG, wall 6 after count 4, section 3,**

**STEP PADDLE ¼, STEP PADDLE ¼, STEP PADDLE ¼**

5,6&7&8&        Step forward on left foot, step forward on right toe paddle ¼ turn left X 3

**Re-start dance from the beginning facing 6 o'clock**

Dil garden garden ho gaya is a slang kind phrase which is a parody on Hindi idiom 'dil bag bag hona', which literally translates to 'Heart becoming garden', but actually means being very happy (from the meaning heart getting blossomed like a garden).

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