

Bombay Mix

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) & Sandra Speck (UK) - June 2014
音樂: Papa Toh Band Bajaye - Neeraj Shridhar : (CD: Top 25 Songs of 2012,
Bollywood - iTunes)



48 count intro, 32 counts from heavy beat, approx. 23 seconds

WALK WALK, RUN X 3 MASHED POTATO STEPS BACK X 4

1-2 Walk forward on right foot, walk forward on left foot
3&4 Run forward on right, left, right
5&6& Swivel heels out, step back on left. swivel heels out, step back on right
7&8& Swivel heels out, step back on left. swivel heels out, step back on right
(Easy option steps 5-8 back left, sweep right, back right sweep left, back left sweep right, back right)

WALK WALK, RUN X 3, MASHED POTATO STEPS BACK X 4

1-2 Walk forward on left foot, walk forward on right foot
3&4 Run forward on left, right, left
5&6& Swivel heels out, step back on right. swivel heels out, step back on left
7&8& Swivel heels out, step back on right. swivel heels out, step back on left
(Easy option steps 5-8 back right, sweep left, back left sweep right, back right sweep left, back left)

RIGHT EXTENDED LOCK, (facing towards right diagonal) STEP PIVOT ½ , STEP PIVOT 3/8

1&2& Step forward on right, lock left foot behind, step forward on right, lock left foot behind
3&4 Step forward on right foot, lock left foot behind, step forward on right foot
5-6 Step forward on left foot, pivot ½ turn right (transfer weight to right foot)
7-8 Step forward on left foot, pivot 3/8 turn right (transfer weight to right foot) facing 12 o'clock

LEFT EXTENDED LOCK, (facing towards left diagonal), HEEL SWITCHES x 3, HOLD & DOUBLE CLAP

1&2& Step forward on left foot, lock right foot behind, forward on left, lock right behind
3&4 Step forward on left, lock right foot behind, step forward on left
5&6& Facing 12 o'clock, touch right heel forward, step right next to left, touch left heel forward, step left next to right
7&8 Touch right heel forward, hold & clap hands twice.

CLOSE, STEP, STEP PIVOT ½ , LUNGE FORWARD RECOVER TOGETHER, EXTENDED LEFT LOCK STEP

&1-2-3 Close right to left, Step forward on left, step forward on right, pivot ½ turn left (transferring weight to left foot)
4-5-6 Step forward on right foot, lunging slightly forward, recover onto left foot, close right foot next to left
7&8& Step forward on left foot, lock right foot behind, forward on left, Lock right foot behind left

STEP PIVOT ¾ , POINT & POINT, HOLD, CLOSE, POINT, HITCH, POINT

1 Step forward on left,
2-3 Step forward on right foot, pivot ¾ turn left
4&5 Point right foot to side, close right next to left, point left foot to side
6&7 Hold for one count, close left next to right, point right foot to side
&8 Bring right knee next to left, slightly raised, point right to right side

¼ TURN, FOLD ARMS, SIT DOWN, STAND UP, HOLD & TAKE ARMS OVER & OUT, EXTENDED RIGHT LOCK STEP

- 1-2 Make ¼ turn right, weight remains on left foot, hold with right toe forward & place right arm on top of left arm at chest height
- 3-4 Bend knees slightly to a sitting position, straighten knees and stand back up
- 5-6 Touch thumb to middle finger on both hands and take arms up and out to the sides over 2 beats
- &7&8 Hook right foot slightly off the floor in front of left, Step Forward on right foot, lock left foot behind, step forward on right foot

AND STEP, STEP PIVOT 1/4 STEP, TURN 1/4, 1/4, CROSS SHUFFLE, SIDE

- &1 Lock left foot behind right, step forward on right foot
- 2-3 Step forward on left foot, pivot 1/4 turn right (weight transfers to right foot)
- 4 Cross left over right

(*Restart here during wall 3)

- 5-6 make 1/4 turn left stepping back on right, make ¼ turn left stepping left to side
- 7&8& Cross right foot over left, step left to side, cross right foot over left, step left to side

(During cross shuffle hold both arms extended out to right side with palms facing to right)

TAG : During wall 2 : Dance to end of section 3 (facing 9 o'clock) and stomp left to left

Then create your own Tag

Hold for 8 counts in a Bollywood style pose! (Or a lightbulb pose!) Then Restart from the beginning.

OPTIONAL SNAKE ROLL:

During section 3 and 4 let the body snake roll during the lock steps

During section 3 raise right hand and place left hand across the tummy to help with the snake roll and then in section 4 raise left hand and place right hand across the tummy.

RESTART during wall 3: Dance up to step 4 in section 8 then Restart (facing 12 o'clock)

The dance will finish facing 12 o'clock during section 7 (steps 5-6) hold the pose!
