Ya Ghayeb (親愛的) (zh)

Count: 32 **Wand:** 4 **Ebene:** Improver

Choreograf/in: Louise Elfvengren (NOR) - 2010年02月

Musik: Ya Ghayeb - Fhadl Shaker & Sotis Volanis

前奏： 16 counts after the vocals start. Start when the drums kick in 從鼓聲開始算16拍後唱歌起跳

The dance starts with 16 steps that is only danced once:
下面16拍只在一開始時跳一次

SYNCOPATED ROCK RIGHT, LEFT, FW, BACK (X 2)
曼波-右, 左, 前, 後, 共二次

1&2 Rock to right side, recover onto left. Step down on right.
右足右下沉, 左足回復, 右足踏

3&4 Rock to left side, recover onto right. Step down on left.
左足左下沉, 右足回復, 左足踏

5&6 Rock forward right foot, recover onto left. Step down on right.
右足前下沉, 左足回復, 右足踏

7&8 Rock back left foot, recover onto right. Step down on left.
左足後下沉, 右足回復, 左足踏

Repeat 1-8 重覆前面8拍

第一段

SWAY SWAY, SHUFFLE FW, STEP TURN ½ RIGHT, HIP BUMPS
擺臀, 擺臀, 前交換, 踏轉, 推臀

1-2 Sway to the right, sway to the left.
右擺臀, 左擺臀

3&4 Step right forward, step left beside right, step right forward.
右足前踏, 左足併踏, 右足前踏

5-6 Step left forward, turn ½ right stepping forward on right.
左足前踏, 右轉180度右足前踏

7&8 Hip bumps, left-right-left
推臀-左, 右, 左

第二段 **STEP, CROSS, ROCK & CROSS, SIDE TOGETHER, HIP BUMPS**
踏, 交叉, 曼波交叉, 踏 併, 推臀

1-2 Step right to right side, cross left in front of right.
右足右踏, 左足於右足前交叉踏

3&4 Rock right to right side, recover onto left, cross right in front of left. 右足右下沉, 左足回復, 右足於左足前交叉踏

5-6 Step left to left side, step right next to left.
左足左踏, 右足併踏

7&8 Hip bumps, left-right-left. 推臀-左, 右, 左

第三段 **STEP FW, HIP BUMPS, STEP FW, HIP BUMPS, WALKS BW x 2, SWAY, STEP**
踏 推臀, 踏, 推臀, 後走二次, 擺臀, 推臀

1&2 Step right foot forward doing hip bumps right-left-right (put weight on right foot) 右足前踏推臀-右, 左, 右(重心在右足)

3&4 Step left foot forward doing hip bums left-right-left (put weight on left foot) 左足前踏推臀-左, 右, 左(重心在左足)

5-6 Walk backwards right-left 後走步-右, 左

7-8 Sway right, step left beside right. 右擺臀, 左足併踏

第四段 **BEHIND-SIDE-CROSS, CROSS ¼ TURN, STEP, CROSS, BELLY-CIRCLE**
後 旁 前交叉, 轉1/4交叉交換, 肚皮轉圈

1&2 Step right behind left, step left to left, cross right in front of left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

3&4 Turn ¼ right, crossing left in front of right, step right to right, cross left in front of right
右轉90度左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-8 Standing still on the spot, circle your belly 4 counts.
站立原地, 以跳肚皮舞方式轉4拍

ARMS: Hold them like a belly dancer when you sway and do hip-bumps! Have fun!
手勢:當擺動臀部及推臀時, 雙手擺動要像肚皮舞舞者