

Bollywood 45

拍数: 32 墙数: 4 级数: Beginner
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音乐: Love You Zindagi (Mix Club) by Amit Trivedi & Alia Bhatt



Intro : 32 counts

[1-8] : Vine – Touch – Step-Hell x2

1-2 Step RF to R – Cross LF behind RF
3-4 Step RF to R – Touch LF next to RF

[1-4] : Put your hands in front of your chest pinching your thumb and forefinger and rotate right hand on top and left hand on bottom and to the same in reverse on the next counts

5-6 Step LF to L – Tap R heel forward
7-8 Step RF to R – Tap L heel forward

[5-8] : Left hand up and right hand down on count 5-6 and do the same with opposite arms on the next counts

[9-16] : Vine – Touch – Step-Hell x2

1-2 Step LF to L – Cross RF behind LF
3-4 Step LF to L – Touch RF next to LF
5-6 Step RF to R – Tap L heel forward
7-8 Step LF to L – Tap R heel forward
1-8 Same arms movements as section 1 starting with the other side

[17-24] : Step-Jump x2 – Jazz Box with ¼ turn

1-2 Step RF to R – Jump on RF
Put hands together in front of your chest and rise R hand to R top
3-4 Step LF to L – Jump on LF
Put hands together in front of your chest and rise L hand to L top
5-6 Cross RF over LF – Make ¼ turn R stepping LF backward
7-8 Step RF to R – Cross LF over RF

Option on count 5-8 : Shaking your head from side to side

[25-32] : Out Out – In In – Heel-Step x2

1-2 Step RF forward in the R diagonal – Step LF forward in the L diagonal
Put R hand open on R side – Put L hand open on L side
3-4 Stepping back RF backward – Stepping back LF backward
Put you R hand in front of your chest – Put your L hand together with R hand
5-6 Tap R heel to R – Step RF next to LF
Go down R hand pinching R thumb and forefinger and be back hands together
7-8 Tap L heel to L – Step LF next to RF
Go down L hand pinching L thumb and forefinger and be back hands together

TAG : After wall 2 and 8, do the next 8 counts :

1-8 Step RF forward and roll your body with arms movements in front of your chest with circles movements in front of each other on the 8 counts

Restart : During wall 7, do the first 16 counts and start again