Itni Si Hasi



編舞者: Mama G (MY) - February 2024

音樂: Aashiyan - Shreya Ghoshal, Nikhil Paul George & Pritam



Intro: 32 counts to start from heavy beat

NO TAGS, NO RESTARTS

PART 1: TOE STRUTS WITH HIP BUMPS AND ROCKING CHAIRS

1-4 Point RF forward, bump right hip forward, back, forward, transferring weight onto right, point

LF forward, bump left hip forward, back, forward, transferring weight onto left

5-8 Rock forward RF, recover onto LF, rock back RF, recover onto LF

PART 2: TOE STRUTS WITH HIP BUMPS AND ROCKING CHAIRS

1-4 Point RF forward, bump right hip forward, back, forward, transferring weight onto right, point

LF forward, bump left hip forward, back, forward, transferring weight onto left

5-8 Rock forward RF, recover onto LF, rock back RF, recover onto LF

PART 3: JAZZ BOX 1/4 TURN RIGHT X2

1-4 Cross RF over LF, step LF back, turn ¼ right, step LF forward (3.00)
5-8 Cross RF over LF, step LF back, turn ¼ right, step LF forward (6.00)

PART 4: V STEP AND 1/2 PIVOTS WITH HIP ROLLS

1-4 Step out RF forward diagonal right, step LF to left side, step RF back to center, close LF

beside RF

5-8 Step RF 1/8 right whilst rolling hips, step RF 1/8 right whilst rolling hips with weight on LF (3.00)

REPEAT DANCE

Enjoy and happy dancing!

Last Update: 28 Feb 2024