Ya Ghayeb

拍數: 32

級數: Improver

編舞者: Louise Elfvengren (NOR) - February 2010

音樂: Ya Ghayeb - Fhadl Shaker & Sotis Volanis

Intro: 16 counts after the vocals start. Start when the drums kick in.

The dance starts with 16 steps that is only danced once:

SYNCOPATED ROCK RIGHT, LEFT, FW, BACK (X 2)

- Rock to right side, recover onto left. Step down on right. 1&2
- 3&4 Rock to left side, recover onto right. Step down on left.
- 5&6 Rock forward right foot, recover onto left. Step down on right.
- 7&8 Rock back left foot, recover onto right. Step down on left.

Repeat 1-8

SECTION 1

SWAY SWAY, SHUFFLE FW, STEP TURN ½ RIGHT, HIP BUMPS

- 1-2 Sway to the right, sway to the left.
- 3&4 Step right forward, step left beside right, step right forward.
- 5-6 Step left forward, turn 1/2 right stepping forward on right.
- 7&8 Hip bumps, left-right-left

SECTION 2

STEP, CROSS, ROCK & CROSS, SIDE TOGETHER, HIP BUMPS

- Step right to right side, cross left in front of right. 1-2
- 3&4 Rock right to right side, recover onto left, cross right in front of left.
- 5-6 Step left to left side, step right next to left.
- Hip bumps, left-right-left. 7&8

SECTION 3

STEP FW, HIP BUMPS, STEP FW, HIP BUMPS, WALKS BW x 2, SWAY, STEP

- 1&2 Step right foot forward doing hip bumps right-left-right (put weight on right foot)
- 3&4 Step left foot forward doing hip bums left-right-left (put weight on left foot)
- 5-6 Walk backwards right-left
- 7-8 Sway right, step left beside right.

SECTION 4

BEHIND-SIDE-CROSS, CROSS ¼ TURN, STEP, CROSS, BELLY-CIRCLE

- 1&2 Step right behind left, step left to left, cross right in front of left
- 3&4 Turn ¼ right, crossing left in front of right, step right to right, cross left in front of right
- 5-8 Standing still on the spot, circle your belly 4 counts.

ARMS: Hold them like a belly dancer when you sway and do hip-bumps! Have fun!





牆數: 4