

Jai Ho

拍數: 64 牆數: 4 級數: Improver
編舞者: Ginger Kozlowski - January 2012
音樂: Jai Ho! (You Are My Destiny) (feat. Nicole Scherzinger) - A. R. Rahman & The Pussycat Dolls : (CD: Slumdog Millionaire Soundtrack)



Inspired by choreography from the end of the movie "Slumdog Millionaire"

Start 32 counts from beginning on "Jai ho!"

OPTIONAL INTRODUCTION TAG, WHICH CAN BE SKIPPED:

Lean right for first eight counts, slap hands down on "Jai Ho" to the right Lean left for second eight counts, slap hands down on "Jai Ho" to the left Lean right for third eight counts, slap hands down on "Jai Ho" to the right Lean left for fourth eight counts, slap hands down on "Jai Ho" to the left

JUST THE STEPS (FEET APART)

HOLD

1-8 Hold

TURNING JAZZ BOX

1-4 Hold

5-8 Cross right over left, step left back, turn $\frac{1}{4}$ right and step right to side, step left together

WEIGHT SHIFTS AND HIP BUMPS

1-4 Shift weight right, left, right, left

5-8 Bump hips left, left, right, left

CROSS POINTS

1-2-3-4 Cross right over left, touch left to side, cross left over right, touch right to side

5-6-7-8 Repeat

HULA

1-2-3 Hold

&4 Step or little jump right, touch left together

5-6-7 Hold

&8 Step or little jump left, touch right together

BOW AND ARROW

1-6 Hold

7 Jump feet apart

8 Recover to left

CHICKEN DANCE

1 Step right slightly back

2-3-4 Hold

5 Step left to side

6-7-8 Hold

LASSO

1-8 Hold

REPEAT

NOW THE HANDS:

ROLL FISTS UP, DOWN, UP; CLAP; SLAP THIGHS

- 1-2 Roll fists while standing up
- 3-4 Roll fists while bending down
- 5-6 Roll fists while straightening up
- 7-8 Clap, slap thighs

RAISE RIGHT HAND HIGH IN A FIST, PULL TOWARD HEAD 4 COUNTS

- 1-2-3-4 Raise right hand high in a fist, pull toward head four counts (can do hip bumps with this)
- 5-6-7-8 (Can add high fist pumps to this jazz box if you want)

HIP SHAKES AND ELBOW PUMPS; POINTS UP, UP, ACROSS, DOWN

- 1-2-3-4 Put elbows out in front, holding fists up toward your face and pump them opposite of your hips
- 5-6-7-8 Point right hand up, up, down and across to the left, straight down

PUSHING HANDS DOWN

- 1-8 Hold hand outs and push down with each step, like pushing down on a table top

HULA TO THE RIGHT, HULA TO THE LEFT

- 1-2-3 Holding hands in front, bounce hands across from left to right three times
- &4 Clap
- 5-6-7 Holding hands in front, bounce hands across from right to left three times
- &8 Clap

BOW AND ARROW MOVE UP, DOWN, UP; JUMP APART, SLAP THIGHS

- 1-2 Looking left and up, hold left arm out high on an angle, right arm with hand spread wide over heart, pull right arm toward elbow twice
- 3-4 Looking left and down, hold left arm out low on an angle, right arm with hand spread wide over heart, pull right arm toward elbow twice
- 5-6 Looking left and up, hold left arm out high on an angle, right arm with hand spread wide over heart, pull right arm toward elbow twice
- 7-8 Hands up high and apart, slap thighs

"CHICKEN DANCE" HANDS RIGHT AND LEFT

- 1-2-3-4 Bring right hand from face level out to the side while making fingers go from a closed position (thumb and fingers all touching) to an open position (hand wide open) four times on the beat. Look right, following hand
- 5-6-7-8 Hands: bring left hand from face level out to the side while making fingers go from a closed position (thumb and fingers all touching) to an open position (hand wide open) four times on the beat. Look left, following hand

Not really the chicken dance move, but what else do you call it?

LASSO MOVE AND CLAP FOUR TIMES

- 1-2 Hold right hand up like you're holding a lasso and circle it around once and clap (have left hand up high ready for the clap)
- 3-4 Circle, clap
- 5-6 Circle, clap
- 7-8 Circle, clap

REPEAT

Just do the first half of the dance for an easy beginner version of the dance -- Mini Jai Ho!
