

Made In India

拍數: 48

牆數: 2

級數: Easy Intermediate - (Bollywood
Styled)



編舞者: Amy Christian (USA) - August 2012

音樂: Made In India - Alisha Chinai : (iTunes)

Intro: 16 counts. Start on Lyrics.

FWD MAMBO, TOUCH & SIT, LIFT HIP UP DOWN UP, BACK MAMBO, TOUCH & SIT, LIFT HIP UP DOWN UP,

- 1&2& Rock fwd on R(1), Recover on L(&), Step back on R(2), Touch L slight diag fwd as you sit on R hip (&),
- 3&4 Keep weight on R foot as your L Hip, goes up, down, up, (Optional steps – Do Bumps),
- 5&6& Rock back on L(5), Recover on R(&), Step fwd on L(6), Touch R slight diag fwd, as you sit on L hip(&),
- 7&8 Keep weight on L foot as your R Hip, goes up, down, up, (Optional steps – Do Bumps),

SHUFFLE FWD, SHUFFLE FWD, FWD MAMBO, ½ TURN SHUFFLE,

- 1&2 Shuffle fwd, R,L,R,
- 3&4 Shuffle fwd, L,R,L,
- 5&6 Fwd Mambo (Rock fwd on R, Recover on L, Step back on R),
- 7&8 Gradual ½ turn left shuffle, L (9:00), R (7:00), L (6:00),

¼ JAZZ BOX TURNS X 2,

- 1-4 Cross R over L (6:00), ¼ turn right, stepping back on L (9:00), Step R to right side, Step fwd on L,
- 5-8 Cross R over L(9:00), ¼ turn right, stepping back on L (12:00), Step R to right side, Step fwd on L,

¼ JAZZ BOX TURNS X 2,

- 1-4 Cross R over L (12:00), ¼ turn right, stepping back on L (3:00), Step R to right side, Step fwd on L,
- 5-8 Cross R over L (3:00), ¼ turn right, stepping back on L (6:00), Step R to right side, Step fwd on L,

***Restart happens here on Wall 5.**

VINE RIGHT, VINE LEFT,

- 1-4 Step R to right side, Step L behind R, Step R to right side, Touch L next to R,
- 5-8 Step L to left side, Step R behind L, Step L to left side, Touch R next to L,

SYNCOPATED ROCKING CHAIR X 2, SIDE, TOGETHER, SWITCHES,

- 1&2& Rock fwd on R, Recover on L, Rock back on R, Recover on L,
- 3&4& Rock fwd on R, Recover on L, Rock back on R, Recover on L,
- 5-6 Step R to right side (5), Step L next to R, bending both knees slightly(6),
- 7&8& Touch R out to right side, Replace R next to L, Touch L out to left side, Replace L next to R,

Begin again!

***RESTART happens once on Wall 5. You will hear a guy say “Orchestra”, which is the instrumental part of the song.**

You dance 32 counts of the dance, till the end of the ¼ Jazz Box turns & then, you start over on lyrics.

(It's not Bollywood dancing without arm movements! So... I have easy optional Indian arm movements for this dance.

Watch the video to learn the arm parts along with the foot work).

The Ending – You will end the dance with the Left Vine on Count 40, facing the front wall. Hold that pose!

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