

Pasanda

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Pat Stott (UK) & Sandra Speck (UK) - August 2013
音樂: Dil Garden Garden Ho Gaya - Vishal Dadlani : (CD: Top 25 Songs of 2012, Bollywood - iTunes)



Intro: 16 counts starting from heavy beat, starts on the word Arrey, approx. 14 seconds.

TOUCH STEP, TOUCH STEP, TOUCH STEP, TOUCH STEP

- 1 – 2 Touch right toe forward, step down on right foot
- 3 – 4 Touch left toe forward, step down on left foot
- 5 – 6 Touch right toe forward, step down on right foot
- 7 – 8 Touch left toe forward, step down on left foot

Harder alternative for counts 1 – 8,

- 1-2 Touch right toe forward step down on right foot,
- 3-4 Make ½ turn right stepping back on left toe, step down on left foot step down on right foot,
- 5-6 Make ½ turn right stepping forward on right toe, step down on right foot,
- 7-8 Touch left toe forward, step down on left foot

HITCH TOUCH FORWARD, HITCH TOUCH SIDE, RIGHT HEEL TOE, LEFT HEEL TOE

- 1 – 2 Hitch right knee, touch right toe in front of left
- 3 – 4 Hitch right knee, touch right toe to right side
- 5 – 6 Twist right heel to right side, twist right toe to right side, transferring weight to right foot
- 7 – 8 Twist left heel to right, twist left toe to right (weight on right foot)

BEND HEEL, BEND HEEL, HITCH BACK, HITCH BACK

- 1 – 2 Transferring weight to left foot bend both knees slightly, straighten up and touch right heel forward towards right diagonal
- 3 – 4 Transferring weight to right foot bend both knees slightly, straighten up and touch left heel forwards towards left diagonal

****Tag here, wall 6**

- 5 – 6 Hitch left knee, step back on left
- 7 – 8 Hitch right knee, step back on right foot

HITCH BACK, HITCH ¼ TURN RIGHT, HIP PUSH FORWARDS X 2

- 1 – 2 Hitch left knee, step back on left
- 3 – 4 Hitch right knee, step back on right foot, body facing towards right diagonal, only the toe of the left foot in contact with the floor
- 5 – 8 With weight on right foot push hips forwards, back, forwards, back (easy option hip bumps, l-r-l-r)

Styling option for counts 3-8.

- 3-4 Bring right arm forward and up in a clockwise direction, leaning slight back on right foot
- 5-8 With right arm in the air, twist the light bulb action with hand X 2, left hand on left hip

STEP SWEEP, CROSS SIDE BEHIND POINT, CROSS HITCH TURN

- 1 – 2 Facing 12 o'clock, step forward on left foot, sweep right foot out and forward
- 3 – 4 Cross right foot over left, step left foot to left side
- 5 – 6 Step right foot behind left, point left foot to left side turning body towards right diagonal (1.30)
- 7 – 8 Cross left foot over right (still facing 1.30) hitch right knee, make ½ turn left on ball of left foot to face back diagonal (7.30)

STEP KICK, BACK TOUCH, STEP, PADDLE TURNS x 2, TOGETHER

- 1 – 2 Step forward on right foot, still facing diagonal (7.30), kick left foot forward

3 – 4 Step back on left foot, touch right toe slightly back
5 – 6& Step forward on right foot, touch left toe forward paddle $\frac{3}{8}$ right
7 & 8 Touch left toe forward paddle $\frac{1}{4}$ right, close left foot next to right (3 o'clock)
Styling option for counts 5 – 8 Arms out to side, slightly bent, palms facing down, lean into turn

***TAG, wall 6 after count 4, section 3,**

STEP PADDLE $\frac{1}{4}$, STEP PADDLE $\frac{1}{4}$, STEP PADDLE $\frac{1}{4}$

5,6&7&8& Step forward on left foot, step forward on right toe paddle $\frac{1}{4}$ turn left X 3

Re-start dance from the beginning facing 6 o'clock

Dil garden garden ho gaya is a slang kind phrase which is a parody on Hindi idiom 'dil bag bag hona', which literally translates to 'Heart becoming garden', but actually means being very happy (from the meaning heart getting blossomed like a garden).

Contacts: patstott1@hotmail.co.uk - sandra.speck@btinternet.com
