

Bombay Mix

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pat Stott (UK) & Sandra Speck (UK) - June 2014
音樂: Papa Toh Band Bajaye - Neeraj Shridhar : (CD: Top 25 Songs of 2012,
Bollywood - iTunes)



48 count intro, 32 counts from heavy beat, approx. 23 seconds

WALK WALK, RUN X 3 MASHED POTATO STEPS BACK X 4

1-2 Walk forward on right foot, walk forward on left foot
3&4 Run forward on right, left, right
5&6& Swivel heels out, step back on left. swivel heels out, step back on right
7&8& Swivel heels out, step back on left. swivel heels out, step back on right
(Easy option steps 5-8 back left, sweep right, back right sweep left, back left sweep right, back right)

WALK WALK, RUN X 3, MASHED POTATO STEPS BACK X 4

1-2 Walk forward on left foot, walk forward on right foot
3&4 Run forward on left, right, left
5&6& Swivel heels out, step back on right. swivel heels out, step back on left
7&8& Swivel heels out, step back on right. swivel heels out, step back on left
(Easy option steps 5-8 back right, sweep left, back left sweep right, back right sweep left, back left)

RIGHT EXTENDED LOCK, (facing towards right diagonal) STEP PIVOT ½ , STEP PIVOT 3/8

1&2& Step forward on right, lock left foot behind, step forward on right, lock left foot behind
3&4 Step forward on right foot, lock left foot behind, step forward on right foot
5-6 Step forward on left foot, pivot ½ turn right (transfer weight to right foot)
7-8 Step forward on left foot, pivot 3/8 turn right (transfer weight to right foot) facing 12 o'clock

LEFT EXTENDED LOCK, (facing towards left diagonal), HEEL SWITCHES x 3, HOLD & DOUBLE CLAP

1&2& Step forward on left foot, lock right foot behind, forward on left, lock right behind
3&4 Step forward on left, lock right foot behind, step forward on left
5&6& Facing 12 o'clock, touch right heel forward, step right next to left, touch left heel forward, step left next to right
7&8 Touch right heel forward, hold & clap hands twice.

CLOSE, STEP, STEP PIVOT ½ , LUNGE FORWARD RECOVER TOGETHER, EXTENDED LEFT LOCK STEP

&1-2-3 Close right to left, Step forward on left, step forward on right, pivot ½ turn left (transferring weight to left foot)
4-5-6 Step forward on right foot, lunging slightly forward, recover onto left foot, close right foot next to left
7&8& Step forward on left foot, lock right foot behind, forward on left, Lock right foot behind left

STEP PIVOT ¾ , POINT & POINT, HOLD, CLOSE, POINT, HITCH, POINT

1 Step forward on left,
2-3 Step forward on right foot, pivot ¾ turn left
4&5 Point right foot to side, close right next to left, point left foot to side
6&7 Hold for one count, close left next to right, point right foot to side
&8 Bring right knee next to left, slightly raised, point right to right side

¼ TURN, FOLD ARMS, SIT DOWN, STAND UP, HOLD & TAKE ARMS OVER & OUT, EXTENDED RIGHT LOCK STEP

- 1-2 Make ¼ turn right, weight remains on left foot, hold with right toe forward & place right arm on top of left arm at chest height
- 3-4 Bend knees slightly to a sitting position, straighten knees and stand back up
- 5-6 Touch thumb to middle finger on both hands and take arms up and out to the sides over 2 beats
- &7&8 Hook right foot slightly off the floor in front of left, Step Forward on right foot, lock left foot behind, step forward on right foot

AND STEP, STEP PIVOT 1/4 STEP, TURN 1/4, 1/4, CROSS SHUFFLE, SIDE

- &1 Lock left foot behind right, step forward on right foot
- 2-3 Step forward on left foot, pivot 1/4 turn right (weight transfers to right foot)
- 4 Cross left over right
- (*Restart here during wall 3)**
- 5-6 make 1/4 turn left stepping back on right, make ¼ turn left stepping left to side
- 7&8& Cross right foot over left, step left to side, cross right foot over left, step left to side
- (During cross shuffle hold both arms extended out to right side with palms facing to right)**

TAG : During wall 2 : Dance to end of section 3 (facing 9 o'clock) and stomp left to left

Then create your own Tag

Hold for 8 counts in a Bollywood style pose! (Or a lightbulb pose!) Then Restart from the beginning.

OPTIONAL SNAKE ROLL:

During section 3 and 4 let the body snake roll during the lock steps

During section 3 raise right hand and place left hand across the tummy to help with the snake roll and then in section 4 raise left hand and place right hand across the tummy.

RESTART during wall 3: Dance up to step 4 in section 8 then Restart (facing 12 o'clock)

The dance will finish facing 12 o'clock during section 7 (steps 5-6) hold the pose!
