

## Bollywood ITS Combinations

### Ananda [Happiness]

Cue: Out of  $\frac{3}{4}$  Eight. Middle finger of left hand touches 3<sup>rd</sup> eye and travels up left side to outstretched diagonal, head profile to the right

Move: Squat with happiness symbol, arms in crescent right to left (1-2-3-4) and left to right (5-6-7-8)

Right leg comes in at diagonal body mirrors middle finger of left hand repeats cue [ 3<sup>rd</sup> eye (1-2), cups head (3-4), palm out to strong diagonal (5-6)] Right arm up into snake arm, left arm comes down (7-8)

End in Ganesha

### Bhangra Flirt

Cue: Out of Ghawazee, bring arms to T-Rex with R in front

Move: Four R shoulder punches with R steps to facing L diag, two L, two R – count of 8 Bollywood peek in, out, in, out – 1234 Two hip bumps R, two left with hands on hips and head slides – 5678

### Bhangra Slide

Cue: Out of Ghawazee, bring both arms to R (5678)

Move: Bhangra slide R (down, up, down, up), repeat L - 2 counts of 8 Bhangra X from down on L to up on R – 1234 Step on R - Bhangra arms up on R, up on L -56

Step on L – Bhangra arms down on L, down on R – 78

### Bollywood Kick

Cue: Out of Turkish, do Bhangra arms 5678

Move: Bollywood kick using L to kick back and R to kick forward, then step-heel touch facing L diagonal, then step-heel touch facing R diagonal - count of 8 Repeat Bollywood kick, then step-heel touch facing R diagonal, then step-heel touch facing R diag - count of 8 Both hands on R hip: four hip lifts on R traveling forward, four hip drops on R traveling backward count of 8

### Classical Wrap

Cue: out of Arabic, Basic E, High Ghawazee, grab first two fingers of R hand with L fist (“Indian 5th”)

Move: Double hip bump R, double hip bump L with arms overhead - 1234 Repeat hip bumps with arms at shoulder height – 5678 Pull L knee up and wrap L leg around back to land with ball of foot at back R corner, hands curl into lotus and then L arm wraps around front of body while R arms wraps overhead – 1234 4

headslides L – 5678 Pull L knee up and step L in front, Persian arms with L, repeat step on R and Persian arm R – 1234 Pull L knee up and step L heel out to L side, Pharonic fountain arms (pataka, then dola) – 5678 Shift weight to L side, bringing arms into Indian 5th – 1234 Double hip bump R, double hip bump L with Indian 5th arms – 5678 End in Basic E

### Durga

Cue: Pushpataka up from hips to shoulder height in front – 5678

Move: Lotus to four corners of diamond (LFRB) stepping R to the corners and turning CCW – 8 counts 1/2 grapevine to the L with pushpataka in crescent to L – 1234 Hit R heel, step out R, cross behind L, turn over L shoulder to face front, stepping R – hands push out to R, palms flat and facing out, then make a crescent RFL as you turn around – 5678 Durga spear arms with R foot slap and look R, then flat palms out and around (r) to center – 1234 L hand pataka R hand hansasya “writes” on L on CW circle 5678 Slap L hand with R on 1, make vertical crescent with palm facing out – 234

Ganesha with R snake arm

### **Ghanesha Box Turn**

Cue: Out of Ghanesha: Left arm comes up into a snake arm up – 2 counts down – 2 counts

Move: Ghanesha Forward (Arm down)(1-2); Left (Arm up)(3-4); Back (Arm down)(5-6); Side (Arm up)(7-8)

Ends back in Ghanesha

### **Indian Swivel**

Cue: from Ghawazee, Ganesha, hands into kitakamuka

Move: R lotus floreo with R hip roll down to up, R hip bumps x2 – 1234 L lotus floreo with L hip roll down to up, L hip bumps x2 – 5678 Tilt arms down to R x2 – 12 L arm up to diagonal into lotus - 34 Thread R arm behind L and turn CCW to face front, kitakamuka S frame with R arm up – 5678 Indian swivel step R x2 – count of 8 Box step x2 with figure 8 arms – count of 8 – End in Basic E

### **Lightbulb**

Cue: Out of Ghawazee, Arabic, 3/4 8, bring hands out to “lightbulb”

Move: Step R, touch L heel, lightbulb RL - 12 Step L, touch R heel, Bhangra arms down L, down R – 34 Step R, touch L heel, lightbulb RL - 56

Step L, touch R heel, Bhangra arms down L, down R – 78 Punjabi Jumping Jacks with arms down, then up – 1234 Jump to cross L behind R, turn CW to back – 56 Bhangra arms over R shoulder – 78

Bhangra arms over L shoulder – 12 Cross R in front of L to turn CW to front – 34 Lotus RLRL - 5678

### **Lotus**

Cue: out of Ghawazee, Ganesha, Arabic, 3/4 8, R umbrella arm

Move: R lotus with R heel x2, R lotus with arm circle, 2 traveling bumps R w/ Indian 5th – 8 cnt L lotus with L heel x2, L lotus with arm circle, 2 traveling bumps L w/ Indian 5th – 8 cnt 2 small squats jumps with L hand lotus (in=down, out=up) RL, hansasya with pizza hands figure 8 in by waist, then back, then out/up toward head going back, out and around, End in Basic E

### **Shakti**

Cue: Out of Arabic (2 Part Cue): Right Leg comes down at 45 degree angle

Arms (left over right) mimic angle/Upper body mirrors

Move: Left palm hits Right Arm 4 places (Elbow. Upper forearm. Lower forearm. Back of hand) 1(-2-3-4)

Left arm outstretched in Lotus/Looking at hand (5) Right hand comes into chest in OK position (6)

Turn to face back (7) Right hip roll up and accented drop (8)

Accented hip drops with opposing accented head slide (1-2-3-4)

Left arm up above head in OK position (5) Right arm up above head in OK position (6)

Turn to face front (7-8) Arabic w/ Level Change:

Front Up (1-2) Left Down (3-4) Back Up (5-6) Right Down (7-8)

Ends back in Arabic

### **Varsha [Rain]**

Cue: Out of ghawazee Right arm comes across the chest and up above the head in a crescent to the right side.

Move: Raindrop step with bowl hands in crescent to the right (1-2-3-4).

Crescent over left shoulder in personal circle (5-6-7) Level change straight down (8)

Diagonal shoulders w/ shimmy right down/left up first (1-2-3-4). Hop onto left leg right leg bent/pointed toe up, arms in OK position wrists crossed in front (5-6). Arms sweep up (7-8)

End in Basic Egyptian