

jai ho

One Wall Line Dance

Music: Jai Ho (You Are My Destiny) - A.R. Rahman & The Pussycat Dolls

Dance is in three sections and should be done as follows: AA BB CC AA BB CC A* (1-16) BB CC

*On the fifth time of doing part A, do the first 16 steps then jump ahead to the 'B' parts.

Beat Steps

- (A)**
- 1-4** Rock forward on right foot. Rock back on left. Rock back on right foot. rock forward on left.
- 5-8** Touch right toe forward. Make a **1/2 pivot turn** left.
Touch right toe forward. Make a **1/2 pivot turn** left.
- 9-12** Cross right over left. Touch left toe to left. Cross left over right. Touch right toe to right.
(Do this whilst pushing hands, palms down four times in front of you)
- 13,14,** Stomp back right. Stomp back left *(legs apart)*.
- 15,16** Point both arms up and out *(body is in an 'X' shape)*. Slap thighs.
- 17-20** Punch right arm in the air over head twice *(keeping left hand on thigh)*. Slap thighs. Clap.
- 21-24** Bump hips right twice. Bump hips left twice.
- 25-28** Make a big step to right. Slide left next to right over three counts *(looking and pointing right)*. Clap.
- 29-32** Make a big step to left. Slide right next to left over three counts *(looking and pointing left)*. Clap.
- (B)**
- 1,2** Rock forward on right foot *(right arm outstretched, palm up)*. Rock back on left.
- 3&4** Make a **full turn** right, stepping right, left, right.
- 5,6** Rock forward on left foot *(left arm outstretched, palm up)*. Rock back on right.
- 7&8** Make a **1/2 turn** left, stepping left, right, left.
- 9-12** Touch right toe forward. Make a **1/4 pivot turn** left.
Touch right toe forward. Make a **1/4 pivot turn** left.
- 13,14,** Rock forward on right foot. Rock back on to left.
- 15&16** Make a **1/2 turn** right stepping right, left, right.
- 17,18** Rock forward on left foot. Rock back on to right.
- 19&20** Make a **1/2 turn** left stepping left, right, left.
- 21&22** Bump hips right, left, right.
- 23&24** Bump hips left, right, left.
- 25-28** Bump hips right, left, right, left *(moving backwards slightly)*.
- 29-32** Touch right toe forward. Make a **1/2 pivot turn** left.
Touch right toe forward. Make a **1/2 pivot turn** left.
- (C)**
- 1-8** Fists clenched in front of face, elbows down. Pump arms up and down eight times.
Do this whilst stomping right, left etc. to a count of eight. *(weight ends on left)*.
- 9,10** Quickly make a small 'lasso' movement over right shoulder *(not in the air)*. Clap
- 11-16** Repeat three more times.
- 17-20** Stomp right back. Stomp left back. Slap thighs. Clap.
- 21-24** Stomp left back. Stomp right back. Slap thighs. Clap.