

Bhangra Beats

32 count, 2 wall, improver level

Choreographer: Gill Light (England) March 2008
Choreographed to: Dhoom Dhoom by Tata Young,
Album: Dhoom (Bollywood movie soundtrack)
(120 bpm)

Start on main vocals

This is a line dance written to popular bhangra (asian pop) music. Bhangra Beats is an authentic line dance using fun bhangra arms.

Section 1 Side mambo right, side mambo left, hold over 4 counts using bhangra arms A

1&2 Rock to right on right foot rock in place with left, step right in place

3&4 Rock left on left foot rock in place with right, step left in place

5,6,7,8 Standing with feet together hold over four counts

Arms Straighten your arms left to left side, right to right side,
palms down and slowly raise them both to waist level, over four counts

Section 2 Cross right hold, cross left hold, 2 rocking chairs

1,2 (Bringing arms down on 1) Cross right over left (1) Hold (2)

3,4 Cross left over right (3) Hold (4)

5 & 6 & 7 & 8 & Rock right foot forward, replace weight back on left,
rock right foot back, replace weight forward on left, rock right foot forward,
replace weight back on left, rock right foot back, replace weight forward on left

Section 3 Cross right hold, cross left hold, Slow pivot turn half left over 4 counts using bhangra arms B

1,2 Cross right over left (1) Hold (2)

3,4 Cross left over right (3) Hold (4)

5 6 7 8 Step right foot forward, pivot a half turn left slowly over four counts, turning on the balls of your feet rolling your hips anticlockwise in a semi circle four times.

Arms B Stretch right arm to right side at waist level, palm up, Bend your little finger, bend your ring finger, leaving your middle, second finger and thumb pointing upwards. Stretch left arm to left at waist level, palm up. Bend your little finger, bend your ring finger, leaving your middle, second finger and thumb pointing upwards.

Section 4 Right cross shuffle travelling to left, left cross shuffle traveling to right, using bhangra arms C

1 & 2 & 3 & 4 Cross right over left, step back on ball of left foot, cross right over left, step back on ball of left foot, cross right over left, step back on ball of left foot cross right over left

5 & 6 & 7 & 8 Cross left over right, step back on ball of right foot, cross left over right, step back on ball of right foot, cross left over right, step back on ball of right foot cross left over left

Arms C: 1-4 extend left arm at waist level, palm down, fingers closed and pointing upwards at right angle to wrist. Bend right arm at right angle in front of body at waist level, palm down, fingers closed, fingers pointing upwards at right angle to wrist

START AGAIN AND ENJOY!

Tag restart and break all facing the front wall

Tag: end wall 2 (facing front)

2 rocking chairs

Restart end wall 4 (facing front)

Following right cross shuffle, on count 28 add half step stepping left next to right then restart from the beginning .moving back to centre.

Break end wall 8 (facing front) step both feet apart on 1, Whilststanding still, raise both arms to the sides, then straight up slowly to above your head where they join together in a prayer position then down slowly to waist level, hands in same prayer position

Warm up and bhangra arms (optional)

It is important when teaching the dance that the dancers perform a warm up for about 3 minutes. It's fun and relaxes the arm muscles. Although the bhangra arms are easy to exploit, line dancers are not used to using their arms which could lead to injury when executing the dance.

Teach the warm up facing the dancers working in mirror image.

Music: Any bhangra music with a strong beat. 110– 130 bpm.

1. Neck warm up

Move head slowly in a circle to right then to left over four counts.

Repeat a few times

Bring head down, bring head up, look to right, look to centre, look to left, look to centre.

Repeat a number of times.

2. Shoulder rises.

Stand with feet apart.

Keeping your head still, rise shoulders up then down a number of times.

to single beats then to double timing.

3. Hip rolls

Feet apart, roll your hips to left in semi circle, roll your hips to the

right, single timing a number of times.

4. Bhangra arms 1

Stretch arms to each side at waist level, palms up, fingers closed

Moving to right. step to right side, step left together. Repeat.

Moving to left, step to left side step right together Repeat

First moving to single beats, then to double timing. Do that a number of times.

3. Bhangra arms 2

Stretch right arm to right, palm up, fingers pointing upwards. Bend your little finger, bend your ring finger, leaving your middle, second finger and thumb pointing upwards. Stretch left arm to left, palm up, fingers pointing upwards. Bend your little finger, bend your ring finger, leaving your middle, second finger and thumb pointing upwards.

Moving to right. step to right side, step left together. Repeat.

Moving to left, step to left side step right together Repeat

First to single beats, then to double timing. Do that a number of times.

4. Bhangra arms 3

Stretch your right arm out, palm down, all five fingers pointing upwards at right angle to wrist. Bent your left arm in front of right, lower arm straight and in the same direction of right arm, all five fingers pointing upwards at right angle to wrist.

Music download available from iTunes
