

BHANGRA

visual: classical Indian dance, very happy and very bouncy

ARMS lean to side, straight arm up high above head x4 sets. Lean to side, low across straight to side x4 sets, single single double throughout (arms nice soft bounce)

HAPPY KNEE LIFTS single lift knee to each side, arms above head x16 (arms: nice soft bounce). Then repeat with triple bounce HKL to each side x8. Then add both together with 2 singles and 1 triple.

FORWARD & SIDE arms above head, moving to front with one foot & and then to the side, with bounce x4 sets (come side on to each move).

FORWARD & BACK INDIAN CRAB arms above head, moving to front with one foot & to the back, with bounce x2....then crab to side x 1 (wrists doing one circle) x4 sets.

Intro: 8 counts in.

Arms	x4 up x4 side (remember single single double)
Happy Knee Lifts	x16 (add a bounce if make it harder)
Happy Knee Lifts	Triple x8
HKL add together	x4 sets (2 singles , 1 triple)
Forward & side	x4 sets
Forward & back indian crab	x4 sets

Arms
Happy knee lifts
Happy knee lifts triple x 8
HKL Add together
Forward & back Indian crab
Finish in Indian crab with arms to each side

Tips

With the Arms, make sure you reach with a straight arm before each bounce and lean over from the waist

In HKL lift the knee as high as possible (you don't have to bounce it for the first set to keep it easy)

Forward & back : make sure you turn the whole body to face the side on each move