

**BELLYDANCE BOLLYWOOD FITNESS CHOREO**

**Song/Artist/Album**

**Shiva Invocation/Shantala/The Love Window**

Ankles, wrists, Bend & rise with mudra hands, Spine undulations, elbow circles, Stretch up sides, Big Hip circles

**Jaia Ganesha./Dum Dum Project/Yellow Taxi Lounge**

Hip circles, Figure 8's – front back and flat, Hip shimmies, Shoulder shimmy

- a. **Eastern Magic/Jah Debda/Classic Arabica Box Set – 44 Arabic Lounge Grooves**
- b. **Only For Belly Dancer/Medhat Mamdooh/Oriental Belly Dance 2 (Darbouka & Tabla)**

1. Hip, hip, chest up, chest up x 4 (arms out to side)
2. Hip March, circle arms up
3. Step tap in front, Aladdin arms
4. Push steps
5. Front and back, foot 7 then 123 to change feet
6. Shoulder Shimmy in a circle

**Kasbah/DJ momo/ Classic Arabica Box Set – 44 Arabic Lounge Grooves**

Isolations- march head; head & arms; Egypt head; ribcage side, chest front; hip circles

- a. **Soniye Mil Ja/Madhuri Dixit, Sukhwinder Singh, Sunidhi Chauhan/Aaja Nachle**
- b. **Mumbai Mashup (Bollywood Fusion)/Zumba Fitness/Best of Exhilarate Soundtrack Vol 2**
- c. **For faster – try song Munni Badnaam (Dabangg) by Mamta Sharm & Aishwarya**

1. Bolly Hips
2. V-step pluck stars
3. Double Knees up sweep arms (option to cross leg over)
4. Dancing Shiva (guyan mudra)/funky Shiva
5. Bolly Hop 3 each way, mudra in centre
6. Hip Sit, Palms together
7. Pony, sweep in front
8. Hip thrust 1,2,3, 4 123/123
9. Step touch - open into Egypt arms
10. heel with pull downs

**Barso Re/Shreya Goshal & Uday Mazumdar/Best of A.R. Rahman (Music and Magic from the Composer of Slumdog Millionaire)**

This choreo was inspired by: <http://www.youtube.com/watch?v=7qp0RG6ecDs> (or search Manpreet & Naina @ Warrior Bhangra 2011 on Youtube – sweet little dancers)

1. Hop (arms up), cross foot in front (hands out), step (palms up), together (hands out)
2. Squat centre, alligator arms, squat in centre, arms up and down to left
3. Pony, arms out fingers down/arms in fingers out
4. Leg out to side, circle arm (stop sign hand)
5. Foot, foot behind (123, 123)
6. Bent knees (squat like, lean weight on back foot), sweep arm in front (4 counts each side), other arm up behind
7. Heel out, guyan mudra out (123, 123)
8. Walk, walk, walk, walk, anjali mudra, side leg out, side leg out ( lotus hands down leg, lotus hands down leg)
9. Triplet
10. Hop (fingers in pluck flowers mudra), walk, walk, walk right, Hop (pluck flowers mudra), walk, walk, walk left

**Khwaab/Nirag Chag feat. Swati Nataraj/Putomayo Presents India**

1. Walk on spot, pluck flower mudra in centre, ala-padma mudra while circling hands
2. Walk on spot, Pataka mudra blessings all around, anjali mudra in front of heart
3. Tap out to side, Aladdin arms
4. Sweep into serpent mudra