

# The Six Bollyweird Dance Steps

## #1 NAMASTE

When the music starts, raise your arms in the air, hands in the prayer position ...

... after 10 seconds, when the bass in the dance track begins, slowly lower hands and arms to the NAMASTE position. This move symbolizes the birth of the dance. You will repeat this entire dance sequence two more times, symbolizing the Hindu belief in reincarnation.



## #3 HAWAIIAN LUAU

Immediately following the two rollers, your cue is the second "Jai Ho!" to proceed to the Hawaiian Luau move. Take three short steps to the right, while slowly rotating your right hand just above the head ...

... Repeat exact three steps to the left. Do this entire dance sequence two more times, back and forth. This dance move symbolizes your teen years.



## #5 FLAMENCO

Stepping back to face the stage, the fifth move is a sexy hip shake with your right hand on your right hip. The left hand is in the air, doing the light bulb twist five times, while slowly gyrating the hip five times ...

... After the five count, switch arm positions and do the whole routine five times on the other side. This dance move symbolizes late maturity and our desire to always feel sexy!

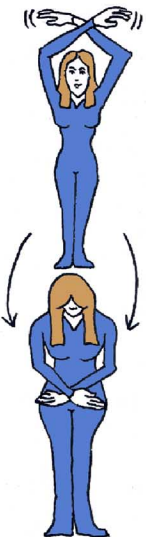


## #2 ROLLERS

As soon as the first "Jai Ho!" comes on, immediately raise your arms in the air and roll your fist over fist four times ...

... after rolling your fists and arms over your head four times continue the motion all the way down to your knees ...

... Once you reach your knees, roll fist over fist four times. Repeat entire sequence one more time. This dance moves symbolizes your first steps as a child.



## #4 BIRDS, 4 DIRECTIONS

The fourth dance move starts with arms overhead, hands crossed, with hands fluttering four times. The arms come down to the waist level, cross again, and flutter like a bird four times. The count is four, as this is the fourth move ...

... After the four birds flutter, JUMP or STEP to the right, repeat exact same dance sequence. Complete this move in its entirety two more times, honoring all four directions. This move symbolizes your adulthood as you explore the world, free as a bird.

## #6 KING TUT AND MUMMY

Lastly is the King Tut, or "Walk Like an Egyptian" sequence. Like the Bangles song of the same name, turn to the right and stand in place like an Egyptian. Jab the air six times with your right hand, switch arms and jab the air with the left hand six times. Turn to the opposite side, repeat six times the same way with both arms ...

... As this dance move finishes, turn back to the stage and raise your hands to the air to release your spirit. You have just completed your first lifetime and you are now DEAD. Bring arms down, cross them over your chest like a mummy. This symbolizes the end of your life and burial. After a four second count, raise your hands back up to #1 NAMASTE, you are now reborn again! Repeat entire dance routine a second time. After your second life, you will be reborn a third and final time until the end of the dance track.