

# Ghungroo Dance Stills



Take a step to the right and place your right hand out to your side as though you are handing someone a tray. Next bring your feet and hands back to the center.



Take a step to the left and place your left hand out to your side as though you are handing someone a tray. Next bring your feet and hands back to the center.

Repeat the two previous steps



Pick your right elbow up, and rotate your elbow and wrist, ending with a final snap. Repeat this step four times for a total of eight counts.



Stomp/kick your right foot forward.



Take the foot that is up and move it in a circle, clockwise. Your arms follow your feet.



Stomp/kick your left foot forward, leaving your arms where they were.





Take the foot that is up and move it in a circle, counterclockwise. Your arms follow your feet.



Put your left arm and your right arm bent, and rotate your wrists inwards.

Repeat the five previous steps



Pretend like you are driving a car with your right hand and shift your weight to your right then left.



Next, shift your weight back to the right and kick your left leg out. Then put it down and shift your weight to the left.



Shift your weight to the right, and then to the left.  
While your weight is on your left leg, kick your right  
leg out.



Point up with your left hand, then take a step with your right leg, pointing down to the right.



Point your right hand up, then take a step with your left leg and point your finger down to the left.





Make a circle with your right leg and spread your arms out in a semicircle. Repeat the same on your left side.

Repeat the previous steps



Face the right and snap with both hands. Do the same on your left.

Repeat the previous step



Snap four times, each time bringing your arm slightly lower.



Continue with the previously stated step.



Face the right and snap, with your right hand completely behind you. Do the same on the left.

Repeat the previous step





Do a four-count, three-point toe touch with your right foot. Your first step being to the front, then to the side, then to the back, and finally bring your feet back together.



Now repeat the same step on the other side. Do a four-count, three-point toe touch with your left foot. Your first step being to the front, then to the side, then to the back, and finally bring your feet back together.



With your right leg, take a step to the right and place your left foot behind it. Take another step to the right, and place your left foot next to your right foot and clap. For the remaining steps, keep your hands slightly bent on either side. Repeat this step on the left.

Repeat the two previous steps on the left side



Starting with your right hand in the upper right diagonal, and the left hand in the lower left diagonal, keep your arms in a straight line while moving them counterclockwise. Bring your right hand down and in a fist so that your chin can rest on top of it and place your left hand underneath the right hand.



With your right leg take a step forward and move your arms outward on either side of you. Bring your right leg back to where your left foot is while crossing your arms at your chest. Repeat this step on the same side.



Do a four count, three-point toe touch, alternating the foot each time. The first toe touch goes to your right, then left, and the last two on your right. For each toe touch, cross your hands at your chest and uncross them. Repeat this step on the left.