

## Janjara

(AKA Track 12)

Artist: James Asher

Album: Feet in the Soil 2

Choreography: Nayana

the SOUL studio

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This piece is designed to be done with a group of people in a large circle. Everyone begins facing the middle (or center, or inside) of circle. Imagine dancing around a fire or fire/pit.

### Combo A

Start with arms Rounded Framing Hips (center).

1-16: Hold

1-4: Walking Hip Bumps (travel forward): R-L-R-L.

5-6: Continue Walking Hip Bumps (in place) with half turn L so facing back of stage).

7-8: Continue Walking Hip Bumps (in place) with half turn L so facing audience).

1-4: Walking Hip Bumps (travel back): R-L-R-L.

5-6: Continue Walking Hip Bumps (in place) with half turn L so facing back of stage).

7-8: Continue Walking Hip Bumps (in place) with half turn L so facing audience).

1-4: Grapevine (travel R): R-behind-R-pause (slide L foot together with weight remaining on R).

5-8: L Hip Lift Front-Back (touch front-back-front-back).

1-4: Grapevine (travel L): L-behind-L-pause (slide R foot together with weight remaining on L).

5-8: R Hip Lift Front-Back (touch front-back-front-back).

### Combo B

1-4: Walking Hip Bumps (travel forward): R-L-R-L. Simultaneously raise arms to Temple Overhead.

5-8: Head Slide R-L-R-L.

1-4: Walking Hip Bumps (travel back): R-L-R-L. Simultaneously lower arms to rest on hips.

5-8: Rib Slide R-L-R-L. At end, change arms to Rounded Framing Hips (center).

1-4: Grapevine (travel R): R-behind-R-touch. Simultaneously change arms to Rounded Framing Hips (L).

5-8: L Hip Drop x4 (drop-drop-drop-drop). At end, change arms to Rounded Framing Hips (center).

1-4: Grapevine (travel L): L-behind-L-touch. Simultaneously change arms to Rounded Framing Hips (R).

5-8: R Hip Drop x4 (drop-drop-drop-drop).

### Combo C

1-8: Hip Up/Down Shimmy with Crossing Arms (end with T Arms).

1-8: R Grapevine Continuous: R-behind-R-front-R-behind-R-front.

1-8: R Grapevine Continuous: R-behind-R-front-R-behind-R-TOGETHER.

*Return to beginning and repeat.*