

JOGET SENANG HATI (JHS)

Choreographed by: Leong Mei Ling (March 2011)

Music: **Joget Senang Hati** by Adibah Noor (Album: Terlalu Istimewa)

Description: Phrased dance; 1-Wall

Video link: <http://www.youtube.com/watch?v=gf2oJNTtdeU>

Intro: 32 counts + 4 from heavy beat (Start on vocals 0:19)

Dance Sequence: AAB, AAB, Ending (28 counts)

Note:

- Special thanks & appreciation to my good friend **Zerlina Sofia Mohsin** for her input and help in keeping the dance as true to the nuances of Joget as possible.
- Don't be put off by the number of steps as they are mostly repetitive.
- To keep the stepsheet as uncluttered as possible, hand styling descriptions have been omitted. For hand styling, please refer to the video via the video link above.

INTRO (after cascading notes; on 1st heavy beat)

- 1st & 2nd 8** 1-16 Basic Joget (refer to Part A, counts 1-8)
- 3rd 8** 1 Step R to side
&2&3&4 Step ball of L beside R, step R in place (3X)
5 Step L to side
&6&7&8 Step ball of R beside L, step L in place (3X)
- 4th 8** 1&2&3&4 Turn 1/4 right step R forward, step ball of L behind R (X3) (making a full circle right)
1/4 turn right step forward R **[12:00]**
&5 Small step L to left, cross R over L (knees bent)
6-8 Full turn left on both feet (weight ending on L)
- 1-4** (Palms together in prayer/traditional Asian greeting) Alternate R&L shoulder back & front

Part A

- 1-8 BASIC JOGET** (simplified description)
1-2 Place flat of R forward (*weight mostly still on L*), step R slightly back
3-4 Touch ball beside L (or slightly behind is fine too), step L forward
5-8 Repeat 1-4
- 9-16 CROSS, SLOW SHOULDER SHIMMY**
1 Touch ball of R across L (right shoulder is slightly pushed forward) **[body faces 10:30]**
2-4 Pull R shoulder back as L shoulder goes forward (2), R shoulder goes forward as L is pulled back (3), step R beside L **[12:00]** shoulders back to neutral (4)
5 Touch ball of L across R (left shoulder slightly pushed forward) **[1:30]**
6-8 Mirror (opposite) movements to those in counts 2-4
- 17-24 CROSS ROCK, BACK ROCK (2X)**
1-4 Step R across L, recover weight to L **[10:30]**, rock R back, recover weight to L
5-8 Repeat steps 1-4
- 25-32 'GILA-GILA' (similar to 'CRUISING')**
1-3 1/4 turn left step R to side, cross L behind R, 1/4 turn right step R forward,
4-6 1/4 turn right step L to side, cross R behind L, 1/4 turn left step L forward **[12:00]**
7-8 Step R forward, 1/2 turn left step L forward **[6:00]**
- 33-40 'GILA-GILA'**
1-8 Repeat steps 25-32
- 41-42 SWAY HIPS R-L**
1-2 Step R beside L while swaying R hip to the right, sway L hip left

(cont'd on Page 2)

Part B

- 1-8 STEP-BALL-STEP FORWARD (R&L), 1/4 LEFT, STEP-BALL-STEP SIDE (R&L, traveling slightly back)**
1&2 Step R to right diagonal, step ball of L beside R, step R in place
3&4 Step L to left diagonal, step ball of R beside L, step L in place
5&6 1/4 turn left step R side and slightly back, step ball of L beside R, step R in place
7&8 Step L to the side and slightly back to left diagonal, step ball of R beside L, step L in place
[9:00]
- 9-16 1/4 TURN LEFT, ROCK FORWARD, STEP-BALL-STEP (turning 1/2 right), ROCK FORWARD, LEFT STEP-BALL-STEP (turning 1/2 left)**
1-2 1/4 turn left rock R forward, recover to left **[6:00]**
3&4 1/4 turn right step R to side, place ball of L beside R, 1/4 turn right step R in place **[9:00]**
5-6 Rock L forward, recover to R **[12:00]**
7&8 1/4 turn left step L to side, place ball of R beside L, 1/4 turn left step L in place **[6:00]**
- 18-24 STEP-BALL-STEP FORWARD (R&L), 1/4 LEFT, STEP-BALL-STEP SIDE (R&L, traveling slightly back)**
1-8 Repeat steps **1-8** (at the end of the 8 ct, you will be facing **3:00**)
- 25-32 1/4 TURN LEFT, ROCK FORWARD, STEP-BALL-STEP (turning 1/2 right), ROCK FORWARD, 1/2 LEFT STEP-BALL-STEP (turning 1/2 left)**
1-8 Repeat steps **9-16** (at the end of the 8 ct, you will be facing **12:00**)
- 33-40 TOUCH-STEPS, TOE-CROSS-TOE-STEP**
1-2 Touch R forward (angle body to 1:30), step R beside L
3-4 Touch L forward (angle body to 10:30), step L beside R
5-6 Touch R forward (body angled to 1:30), hook/touch R across L
7-8 Touch R forward, step R beside L
(Alternatively you could swing/kick forward, hook across, swing/kick forward then step down)
- 41-48 CROSS, TURN, BACK, HITCH, STEP, 1/4 RIGHT SIDE-BACK-TOUCH**
1-2 Cross L over R, 1/4 turn left step back R **[9:00]**
3-4 Step back L, hitch R across L (hop a little on L as you execute the hitch)
5-8 Step R forward, 1/4 turn right step L to side, step back R, touch L to side **[12:00]**
- 49-56 TOUCH-STEPS, TOE-CROSS-TOE-STEP**
1-2 Touch L forward (angle body to 10:30), step L beside R
3-4 Touch R forward (angle body to 1:30), step R beside L
5-6 Touch L forward (body angled to 10:30), hook/touch L across R
7-8 Touch L forward, step L beside R
(Alternatively you could swing/kick forward, hook across, swing/kick forward then step down)
- 57-64 CROSS, TURN, BACK, HITCH, STEP, 1/4 LEFT SIDE-BACK-TOUCH**
1-2 Cross R over L, 1/4 turn right step L back **[3:00]**
3-4 Step R back, hitch L across R (hop a little on R as you execute the hitch)
5-8 Step L forward, 1/4 turn left step R to side, step back L, touch R beside L
- 65-72 STEP-BALL-STEP (OR SHUFFLES)**
1&2 Step R to side, step ball of L beside R, step R in place (pull right shoulder back for styling)
3&4 Step L to side, step ball of R beside L, step L in place (pull left shoulder back for styling)
5-8 Repeat 1&2, 3&4
- 73-80 BALL STEPS CIRCLING RIGHT, BALL STEPS CIRCLING LEFT**
1&2&3&4 Turn 1/4 right step R forward, step ball of L behind R (X3) (making a full circle right)
4 1/4 turn right step forward R
5&6&7&8 Turn 1/4 left step L forward, step ball of R behind L (X3)
8 1/4 turn left step forward L (making a full circle left)

81-96 JOGET BASIC STEPS WITH 1/4 TURN (X4)

1-2 Place flat of R forward (*weight mostly still on L*), step R slightly back
3-4 Touch ball beside L (or slightly behind is fine too), 1/4 turn left step L forward
Repeat counts 1-4 three more times to complete 16 counts.

97-100 WALK IN A CIRCLE, CLOCKWISE (ending facing 12:00)

1-4 R, L, R, L

ENDING

1-8 STEP-BALL-STEP (OR SHUFFLES) FORWARD & BACK (RIGHT DIAGONAL)

1&2 Step R forward [**1:30**], step ball of L beside R, step R in place/slightly forward
3&4 Step L forward [**1:30**], step ball of R beside L, step L in place/slightly forward
5&6 Step back R (still facing right diagonal), step ball of L beside R, step R in place/slightly back
7&8 Step back L, step ball of R beside L, step L in place/slightly back

9-16 STEP-BALL-STEP (OR SHUFFLES) FORWARD & BACK (LEFT DIAGONAL)

1&2 Step R forward [**10:30**], step ball of L beside R, step R in place/slightly forward
3&4 Step L forward [**10:30**], step ball of R beside L, step L in place/slightly forward
5&6 Step back R (still facing left diagonal), step ball of L beside R, step R in place/slightly back
7&8 Step back L, step ball of R beside L, step L in place/slightly back

17-24 BALL STEPS CIRCLING RIGHT, CROSS FULL TURN

1&2&3&4 Turn 1/4 right step R forward, step ball of L behind R (X3)
(*making a full circle right*)
4 1/4 turn right step forward R [**12:00**]
&5 Small step L to left, cross R over L (knees bent)
6-8 Full turn left on both feet (weight ending on L)
(*on count 8 place palms together in front of chest like in a prayer/traditional Asian greeting*)

25-28 SIDE, POINT BEHIND, ARM POSES

1-2 Step R to side, point L behind and to the right of R
(*Hand styling: Palms together in front of chest for count 1; on count 2 open and extend right to lower right diagonal, left to upper left diagonal, palms up; head turned to look at R hand*)
3-4 Curl fingers in (3), turn wrists until palms face forward to their respective sides (4)
(*look up at left hand on count 4*)

Have Fun! ☺

The Joget

Joget is a popular traditional dance in Malaysia. It is usually performed at cultural festivals, wedding celebrations and other social functions.

The Joget's origin can be traced back to and is influenced by the Portuguese folk dance "Branyo". It could have been brought to the country after 1511 when Malacca* was colonized by the Portuguese.

The main characteristic of the Joget is the rhythm. It is accompanied by a fast tempo with duple and triple beat divisions. The dance is usually accompanied by a violin or flute, a drum, a gong, or by a small western ensemble with solo voice. Foot movements of this dance are more important than the hand movements although the hands add to the 'flavour' of the dance.

Male and female dance together, either as a couple, or in groups of the same gender without any physical contact between the genders.

*Malacca is the name of a state on the west coast of Peninsular Malaysia. The state is regarded as the cradle of Malay civilization. This was where the most important Malay empire, the Malacca Sultanate, flourished for about one hundred years, during the 15th century, before it was defeated by the Portuguese, which started the colonial era in the Malay peninsula lasting until the independence of the country in 1957.