

# SOUL BLOSSOM DANCE ULTIMATE DANCE LIST

Are you ready for something amazing to happen? Because you're about to party yourself into a better life! One of the most impactful tenets in my book "The 12 Tenets of Free-Dance" is to dance to music that's sung in a language you don't understand. You **MUST** hear words you don't understand – not words you do understand, and not any music without any words. This distracts your brain away from having wandering thoughts – the kind of thoughts that slowly make you move slower and not as energetic, and takes away the potency and benefit of your free-dance.

I have some songs for you in the below list in Indian, Persian, Arabic, and Spanish. Copy and paste the name/artist titles (which I've put next to each other for your copy/paste convenience) straight into YouTube to listen to them. The below songs are all extremely upbeat and energetic, so you can burn calories if you want, you can uplift your mood, or like most people you'll end up doing both. If you love these songs, please support the artists by purchasing the tracks on iTunes.

Also, if you really like the song you're listening to, look below the video on YouTube to see suggestions for other similar songs.

Remember to consult your physician and get his/her okay before you begin. Warm up with some stretches in the beginning (search YouTube for "gentle warmup"). Also cool down at the end with slow, swaying movements, and easy deep breathing.

Remember not you push yourself too hard. Stop when you're tired, go easy if you're in pain. Be kind to yourself and remember this will only benefit you if you keep it fun, easy, and stick to it every day!

For other tips and tricks to maximize your free-dance, download my ebook "The 12 Tenets of Free-Dance" from <https://soulblossomdance.com/the-12-tenets-of-free-dance/>

Have fun and here's to the new you!  
– Love, Rita

## **INDIAN**

Rail Gaddi Four of a Kind

Boliyan Lehmbur Hussainpuri

Jee Karda Singh is King

Jija Ji Gurdas Maan

Na Na Na Re Daler Mehndi

Ashiq Ban Baitha by Sukhshinder Shinda

Gale Mein Laal Tie

Sadi Gali Lehmbur Hussainpuri

## **PERSIAN**

Halime Sandy

Eshghe Bandar Sandy

Dokhtare Ahvazi Bandari Sandy

Chadoroo Bardar Sandy

Dokhtare Haji Almas Sandy

Nago Nemisheh Andy

Nazi Jan Shahram Shabpareh

Bavaram Nemisheh Pouya

Paria Shahram Shabpareh

Khabar Nadadi Shahram Shabpareh

Bebin In Dokhtare Shahram Shabpareh

Vaveyla Shahram Shabpareh

## **ARABIC**

Zinjabar Abdullah Balkhair

El Rawah Abdullah Balkhair

Hizzi Ya Nawaem Issam Rajji

Ya Sa'ad La Omar Abdullat

Awel Ma'oul Amr Diab

Tab Izayak Amr Diab

Habibi Law Hakim

Mosh Koll Ah Hakim

Feha Eih Hakim

Garh El Hawa Hakim

Boshret Kheir Hussain Al Jassmi

## **SPANISH**

Salio El Sol Don Omar

Desde Que La Vie Los Hermanos Rosario

Ya Viene El Lunes Los Hermanos Rosario

Siento Los Hermanos Rosario

Cintura De Fuego Los Hermanos Rosario

Las Mujeres Calientes Los Hermanos Rosario

La Duena Del Swing Los Hermanos Rosario

Y Es Facil Los Hermanos Rosario

El Hombre Candelo La Banda Gorda

Que No Se Acabe El Mambo La Banda Gorda

Dame La Banda Gorda

Tu Mueres Aqui La Banda Gorda

Yemanya Amarfis

El Mango Amarfis

Bomba Bacacha Kinito Mendez

Sopa De Caracol Elvis Crespo

Soltero Y Sabroso Los Sabrosos Del Merengue

La Morena Los Ilegales

Prendelo Fuego