

## 2017 SHIMMY MOB CHOREOGRAPHY

Choreography By Kata Maya

Music: Arousa Shabba, Album: Beirut Nights-Exotic Middle Eastern Music for Bellydance

### PART 1-LYRICAL

Counts	Move
2-8ct.	Hold for music, dancers are gathering into position-weight on R foot, ball on L foot, facing R corner
8	8 L hip drops, raising arms overhead for 4, lowering L arm halfway for 4 "L position-vertical"
8	4 L hip drop-kicks
8	Cross-Touch combo: cross L over R, touch R, cross R over L, touch L, cross L over R, touch R, step forward with R, pivot turn over L shoulder, transfer weight to L foot. Arms are alternating opposite "L position-flat" with extended foot, transition through body, out and down for pivot turn (facing back at this point)
8	Cross-Touch combo (part 2): cross R over L, touch L, cross L over R, touch R, cross R over L, touch L, step forward with L, pivot turn over R shoulder (keep weight on L foot). Arms are alternating opposite "L position-vertical forward" with extended foot, transition through air, out and down for pivot turn (facing front at this point)
8	Alternate vertical 8's, pushing off L foot, 2L-1R-1L. Arms in R diagonal with wrist circles, pull in, down the body
8	Repeat alternate vertical 8's to the L, pushing off R foot, 2R-1L-1R, arms are opposite side
8	3 step turn over R shoulder to R diagonal, arms come out, chest circle, undulation down
8-syncopated	Extend L foot out, arms wrap around the body (R at head, L waist), L hip twist: front, back, front, 3 L hip bumps with weight shared between feet, hair flip on 3 <sup>rd</sup> bump, Cntclkws big hip circle to finish facing L diagonal
8	Shimmy raising arms overhead through the front
4	2 pliés with shoulder shimmies, arms in L diagonal
4	Jazzy combo: R foot touch forward, back, forward, back kick. Arms play along
8	Rock Step combo: rock step with R foot, 2 R hip circles, L foot meets the R with hip twist shimmy (body direction is front)
8	Rock Step combo: rock step with L foot, 2 L hip circles, R foot meets L with hip twist turning body to L diagonal
8	4 Mayas RLRL, Cntclkws omi, body wave up, turn to R diagonal
8	4 Mayas RLRL, 2 Cntclkws omi, body wave up
8	3 step turn over R shoulder to face R, step back and raise arms, 2 L hip twists, body wave up pulling L leg in and face front
8-syncopated	4 Shoulder lifts RLRL, chest pop, undulation down, hip drops RLRL
8	Shimmy raising arms overhead through the front
12	Step-Ball-Change moving back, RLR-LRL-etc., hip accents optional. Arms overhead in palm-out diagonal, hand to head to match the leading foot. 6 TIMES!
8	Cross-Touch combo: cross R over L, touch L, cross L over R, touch R, cross R over L, touch L, step forward with L, pivot turn over R shoulder, transfer weight to R foot.

	Arms are alternating opposite “L position-flat” with extended foot, transition through body, out and down for pivot turn (facing back at this point) [NOTE: This is other side from before]
8	Alternate vertical 8’s, pushing off R foot, 2R-1L-1R. Arms in L diagonal with wrist circles, pull in, down the body [NOTE: facing back]
4	2 flat R hip circles turning over R shoulder to face front R diagonal
4	Arms out, chest circle, undulation down
8-syncoated	Extend L foot out, arms wrap around the body (R at head, L waist), L hip twist: front, back, front, 3 L hip bumps with weight shared between feet, hair flip on 3 <sup>rd</sup> bump, Ctrclkws big hip circle to finish facing L diagonal [NOTE: same as before]
8	4 R hip drop-kicks raising arms to L diagonal
8	Walk in large circle over L shoulder (start with R foot), clap hands, boost energy

## PART 2-SAIDI

Counts	Move
12	6 saidii steps: step R lift L, step L lift R. Hands at head, extending opposite arms from standing leg
4	Pull R leg back behind for rock-back step, “woah!”. R arm reaches forward at same time to offset balance issues
4	Walk to audience RLR, shoulder shimmy
4	Walk in circle over L shoulder to back L diagonal, wrap arms, look over R shoulder, hip twist [NOTE: relevée is optional, be careful of bending forward and sticking bottom out to audience]
8	Shimmy walk finishing circle, raising arms overhead, end facing front, shoulder shimmy, end with weight on R
8	1.5 Ctrclkws big hip circle with heel bounce, end with hips at back L diagonal, slight forward lean with upper body. Arms wrapped around the body.
2	Kick combo: bend knees (straightening body), kick L leg back.
2	Plié bringing L left into body, straighten up, lift L knee straight up. Arms come out
4	Step forward with L to R diagonal, pivot over R shoulder, step onto R foot, change weight to L foot (facing L diagonal at this point)
2	Plié, straighten lifting R knee. Bring L hand to head, R arm extended behind, looking over L shoulder
2	Plié, kick R leg back. Bring R hand to head, L arm extended behind, looking over R shoulder
4	R vertical hip circle on diagonal turning back to front, bend knees to finish the hip circle
8	2 chest V’s RLRL, raising arms out and overhead, 2 cntclkws chest circles
8	4 R hip arches (front, back, front, back), vertical 8 LR bringing arms down
8	2 R traveling flat hip circles, bringing R arm up the body, turn to R diagonal, 2 undulations down lowering R arm
8	Repeat traveling flat hip circles on L
8	Front/Back saidii with R, pivot turn over L shoulder with R foot, end with weight on R foot. Arms open through body and overhead during pivot turn.
8	Front/back saidii with L, pivot turn over R shoulder with L foot, end with weight on L foot. Arms open through body and overhead during pivot turn.

4	Walk to audience RLR, shoulder shimmy
4	Walk in circle over L shoulder to back L diagonal, wrap arms, look over R shoulder, hip twist [NOTE: relevé is optional, be careful of bending forward and sticking bottom out to audience]
8	Shimmy walk finishing circle, raising arms overhead, end facing front, shoulder shimmy, end with weight on L
8	Arms down, collapse upper body, roll upper body up, arms out, 2 cntclkws chest circles
	TRANSFER WEIGHT ONTO R FOOT AT R DIAGONAL
8	Plié, L knee raise, plié, L leg kick back, step through onto L foot, turn over R shoulder keeping weight on the L foot to face L diagonal (should shimmy optional during turn)
8	2 chest V's RLRL, raising arms out and overhead, 2 cntclkws chest circles
8	4 R hip arches (front, back, front, back), vertical 8 LR bringing arms down to face front

### PART 3-FINALE

Counts	Move
8	3 step turn over R shoulder, K-shape, 2 undulations down
8	Repeat over L shoulder
4	Choo-choo shimmy
2	Step forward with R, pivot turn over L shoulder, step on L to face R diagonal
1	Raise R arm up to diagonal- FINAL POSE!!!!!!