

# Choreography for *Anwar*

by Eddie "The Sheik" Kochak

Kashlimah 9/8 rhythm (1 cycle)= Dum (rest) tek (rest) Dum (rest) tek tek tek

Timing:	1	+	2	+	3	+	4	+	5	+	6	+	7	+	8	+	9	+
Open :	D				T				D				T	T	T			
Closed :	D		T	K	T		T	K	D		T	K	T	K	T	K	T	K

<b>Cycles</b>	<b>Movement/Description</b>	<b>Arms</b>
Section 1		
12	<b>12 Hip snap walks</b> (1 cycle = R,L,R L-right foot up on last step)	Arms on hips (slightly behind) or skirt side to side
4	<b>4 Basic Steps</b> (all w/R foot cross in front to L)	Arms cross in front of chest and out or skirt side to side
4	<b>4 Jump Kick Kick Shuffles</b>	Arms overhead or skirt side to side
6	<b>6 Pivoting hip drops</b> (hips go front, back, back, back) 2 x to front then clockwise in 4 directions (1st x eyes down)	L arm salutes, R arm out in front
4	<b>2 Pentazale Steps</b> (1 = 2 cycles) 1st cycle: Step front diagonal R, L, hop on L, extend L 2nd cycle: Step back on L, cross R, step back R, cross L (repeat on opposite side)	Arms on hips or skirt side to side
2	<b>2 Pentazale Shuffle steps</b> Step front diagonal R, L, hop, shuffle 3x (repeat opposite)	Arms on hips or skirt side to side
2	<b>2 Kashlimah Hip twists</b> Twist R & plea, Center releve, L & plea, Center hop hop	Arms on hips or skirt side to side
4	<b>2 Pentazale Steps</b> (1 = 2 cycles) 1st cycle: Step front diagonal R, L, hop on L, extend L 2nd cycle: Step back on L, cross R, step back R, cross L (repeat on opposite side)	Arms on hips or skirt side to side
Section 2		
2	<b>4 Camels</b> forward (facing side)	Arms come up crossing in front of face
2	<b>2 3-step turn w/ shoulder shimmy.</b> L, repeat R step side, half turn step, half turn step, point toe out	Arms up with elbows out (or hold skirt and side side side)
2	<b>4 Camels</b> back (facing side)	Arms come up and cross in front of face
2	<b>2 3-step turn w/ shoulder shimmy.</b> L, repeat R step side, half turn step, half turn step, point toe out	Arms up with elbows out (or hold skirt and side side side)
2	<b>2 Rocking Hop Steps</b> Rock forward on R, Back on L, Forward on R, hop 3x( rpt opp.)	Arms on hips (or skirt side to side)

2	<b>2 Basics w/ bigger hops</b> (ends w/ hop hop) 1st to R, then L	Arms cross at chest and out
2	<b>4 Pelvic circles</b> turning clockwise	Back arm up and front arm rounded down (or down arm holds skirt)
2	<b>2 3-step turn w/ shoulder shimmy.</b> L, repeat R step side, half turn step, half turn step, point toe out	Arms up with elbows out (or hold skirt and side side side)
2	<b>4 Pelvic circles</b> turning counterclockwise	Back arm up and front arm rounded down (or down arm holds skirt)
2	<b>2 3-step turn w/ shoulder shimmy.</b> L, repeat R step side, half turn step, half turn step, point toe out	Arms up with elbows out (or hold skirt and side side side)
Section 3 (Drum solo)		
4	<b>Shimmy</b> in place (or add horizontal figure 8)	Arms up by ears, elbows out arms come up overhead gradually
4	<b>Side Hip Drops</b> (alternating hips) 4 sets to 4 directions (start to R side)	Arms straight over head
3	<b>Choo choo</b> travelling slightly backward in zigzag	Arms side to side w/hips
3	<b>3/4 shimmy</b> travelling slightly forward	Arms on hips (slightly behind)
1	stand in place and <b>zhagareet*</b>	Arms come up in front to overhead
Section 4		
4	<b>Big Basics</b>	Arms sway over head (opposite feet)
4	<b>4 pelvic drops</b> to side (R, L, R, L) ends with little kick	Arms to same side w/back arm higher arms lower slightly throughout step
4	<b>4 Basic Steps</b> (all w/R foot cross in front to L)	Arms cross in front of chest and out or skirt side to side
2	<b>Grapevine</b> forward facing side	Arms on hips
2	<b>4 Chenei turns</b> back	Arms up with elbows out
2	<b>Step w/ hip snap</b> R, L, R, hop	Arms R, L, R, cross in front to overhead
2	bow down and step back L, R, L, straighten up and stomp R	Arms down in front then up on last

### How to Zhagareet

Women in the Middle East and North Africa continue the tradition of the zhagareet, which is a loud trilling that sounds something like "loo loo loo loo loo...." The sound is made in celebration at weddings, births, and other auspicious events. Women also make this sound while participating in belly dancing as observers. Note that the observers also participate. Not only do they take turns belly dancing solo and duet, but they also sing, clap, zhagareet, and call out praises such as:

"Light of my eyes!", "How sweet you are!", "You are my light!"

According to Wendy Buonaventura, the Tunisian zhagareet requires trilling the tongue against the upper palate, while in Egypt the women flutter their tongues laterally. A shrill sound accompanies the trill or flutter, creating a continuous and high-pitched zhagareet that can be heard over loud music, the noise of crowds, and across long distances. Traditionally, only women zhagareet.

*(The above information was gleaned mainly from Wendy Buonaventura's excellent book, *Serpent of the Nile: Women and Dance in the Arab World*, published by Interlink Publishing Group in 1998).*