

Modern Egyptian Dance to "Amarain" by Amr Diab

1 bt = "D tk", 1 cycle = 4 bts

- Intro 1 cycle 2 bts back to audience, 2 bts to turn to front
- A 2 cycles 8 hip drops in place - arms down
- B 2 cycles x 4 combo: drop & kick 2x + grapevine
Repeat B total of 4x (start with R hip drop & travel R, repeat L, R, L)
- C 1/2 cycle (2 bts) Big hip drop - hold in pose for one bt.
- D 2 cycles Horizontal figure 8s - 2 half time, 4 full speed
- E 1 cycle 1 pelvic circle. Start L, end by straightening back to center
- F 1/2 cycle (2 bts) shoulder shimmies
- G 8 cycles 8 Cha chas - don't finish last one: hold left foot out in prep for next step
- I 4 cycles 8 Beledis in place - arms low
- J 1 cycle Half big hip circle (R, front, L, pose for next)
- K 4 cycles 4 Beledis forward, 4 back - arms high(alternating salutes)
- A2 1 cycle 4 hip drops
- B -K repeat all
- A2 -E repeat all
- Taqsim snake arms with plea down and up, side snake arms both sides (timing is loose since this is "taqsim" = "improv")
- A2 repeat
- B repeat
- ending Beledis traveling off stage (don't forget to wave and blow a kiss!)