

Choreography for "MOI ET TOI"

(from Putumayo's album "Arabic Groove")

(1 rhythmic cycle equals 4 beats: Doum teka Doum tek)

8 cycles lead in: bounce R hip in place

16 cycles: **Beledy sequence:**

refrain
4 cycles in place (basic beledy step-touch with hip snaps - arms low)
2 cycles walking forward (arms up with alternating salute)
2 cycles walking back (arms up with alternating salute)
8 cycles turning counterclockwise in small circle

8 cycles: **"Step to side, touch" (with front half of wide hip circle) : R, L, R, L** (2 cycles each direction)
instrumental (leading arm circles once in front out to side)

16 cycles: **Pushbacks:**

refrain
4 cycles in place (arms come up gradually)
4 cycles in a circle (arms stay up)
Leg/hip forward-back-forward-change:
8 cycles (arms: back arm up, front arm down creating diagonal) - move forward on leg change

16 cycles: **Chest drops/ camel back/ rib slide/ camel back**

rap style
4 cycles chest lift/drop (arms out to side - lift for 2 bts drop for 2 bts)
4 cycles camel back (arms stay out with slight snake arms)
4 cycles rib slide side to side (arms out to side-slide every 2 bts)
4 cycles camel back

8 cycles: **Shoulders:**

bridge
2 cycles shoulder shimmy with walk forward (2 steps)
2 cycles snake arms with body sway
2 cycles shoulder shimmy with walk back (2 steps)
2 cycles snake arms with body sway

16 cycles: **Beledy sequence:**

refrain
4 cycles in place (arms up with alternating salute)
4 cycles in place (arms up high with palms out then in as arms open)
8 cycles with extra twist and turn (arms ")-2 to front, 2 back, 2 front, 2 back

8 cycles: **Step together step touch: R, L, R, L CHANGING DIRECTIONS** (1 cycle each direction)
instrumental (hips circle 2x - leading arm circles once in front) LAST BEAT TURN TO FRONT.

24 cycles: **Cha cha/pelvic circle/hip circle:**

8 cycles cha cha (1 cha cha = 2 cycles)
8 cycles pelvic circle sequences (1 sequence=4 cycles). 1 slow for 2 cycles/ 4 fast for 2 cycles).
Arms: out to side for first cycle, crossed at neck for second cycle
8 cycles big hip circles: one smooth for 4 cycles, one with bounces for 4 cycles.

16 cycles: **Pushbacks/Leg/hip forward-back-forward-change (w/double hip)**

refrain
same as above

16 cycles: **Chest drops/ camel back/ rib slide/ camel back**

rap style
same as above

36 cycles: **Hip Drops/Vertical Figure 8s/Camels/Vertical Figure 8s:**

4 cycles hip drops with Forward back back back (4 sequences). Arms: Back salutes, front down
4 cycles vertical figure 8s with arms cross front- turn to other diagonal
8 cycles -Repeat hip drops/figure 8s opposite side.
8 cycles - camels -4 to Right front diagonal -4 to L front diagonal
Beledy basic walk (with arms low) to exit stage