

4/4, Drum Solo & Chiftitelli

Traveling steps:

- Hip snap walking w/ variations
- Hip sway walking
- Side hip drop/snap walk
- Shimmy walks
- Backward hip drop
- Balady walk (step, touch toe)
- Choochoo
- Ghawazee step
- Grapevine
- Turns w/ spotting (4/4 or Chiftitelli)
- Camel walk w/ variations (4/4 or Chiftitelli)
- Pelvic circle walk (4/4 or Chiftitelli)
- Circle walk (for Chiftitelli)



Isolations and basic movements of Hip & Pelvis:

- Pelvic Drop
- Pelvic Circle
- Figure 8s - vertical and horizontal
- Vertical hip circles
- Hip Circle - in place and turning
- Hip Circle with bounces - 4 or 8 in place or turning
- Hip Slide
- Hip Sway
- Hip Snap
- Hip Lift
- Hip Drop
- Hip Twist
- Shimmies
- Freezes



Torso:

- Chest Circles
- Body Circles
- Body Sway
- Camels
- Chest Drop/slides

Arms & Hands

- Shoulder Circles
- Wrist Circles
- Hand Ripples
- Snake Arms

Head

- Head Slides & Circles



Floorwork:

- All isolations can be done on knees
- Turning on one knee
- Body sway sitting on floor
- Figure 8 on side
- Back bend