

## Choreography : Saad – Bel Arabi

Time stamp	Section	Action
00:00	Drum beat	Start on stage, back to audience
00:02	Shouts # 1	Each group in turn: Hip drop-kick x 2 turning left to face audience, knee bend, chest lift kicking hip out to left and lifting right hand into the air Step turn step to right, heel tap
00:18	Saiidi # 1	Rik step right, left Egyptian walk with penguin hands, right, left Hip hit R, L, heel tap with wrist circle
00:31	Verse 1	Left half of group: Hip drop-kicks x 4 to left Then right half of group: Hip drop-kicks x 4 to right Both groups back rik step away from each other in the direction they are pointed (layer a shimmy if you can) x 4 Double hits starting towards the audience, round in a quarter turn, finish with back to audience
00:47	Verse 1 #2	Moving inwards towards each other (and poss overlapping) with double hip circle, half turn, double hip circle, half turn, double hip circle, half turn Forward and back where forward step is layered with a reverse camel, step, quarter turn and push hip out, step turn back to face away from audience, heel tap (poss x 2)
01:02	Shouts # 2	Back half does a hip drop kick x 2, knee bend, chest lift whilst kicking out left hip and raising right arm in the air, then front half does this Hip hit R-L, heel tap with wrist circle
01:12	Saiidi # 2	Rik step R, L Egyptian walk with penguin arms L, R
01:20	Baladi 1	Double baladi hip circle L, R with aladdin arms, 4 x single camels (kenyas) into a straight line
01:27	Saiidi shouts	Saiidi jumps back with Aladdin arms Saiidi step kick on spot, right hand up
01:36	Baladi 1 #2	Baladi circles R, L

		Big hip circle breaking to right
01:42	Verse 2 #1	Right side of group take a big step right and look back at left side Left side take a big step to left and look back at right side Both sides – plain rik step moving away from each other
01:48	Verse 2 #2	Right side – 3 x hip circles round in circle to right in a half turn, hip hits R-L-R, look over right shoulder at audience Left side – hip circles round in circle to left in a half turn, hip hits L-R-L, look over left shoulder at audience Right side - hip lift to back on free leg, Left side – hip lift to back on free leg Both sides together – quarter turn using hip circle so each line is facing each other, lean back and quick shoulder shimmy
02:01	Verse 2 #3	Head off diagonally across the room in canon using single camel (Kenya) step and find a space, so the two sides are crossing until all have swapped sides and are evenly arranged towards the front of the space Two hip circles in half circle round to right to face away from audience, tilted circles
02:13	Chorus	Every other person turns to do hip drop kicks with bounce etc as before, then all those remaining Hit R, L, heel tap
02:24	Saidi	As before
	Baladi	As before but with camels on the spot, hands raising up
02:41	Saidi shouts	As before
02:48	Baladi	Baladi circle right, left, break to right
02:52	Verse 3	First partner: step towards partner, pose Second partner: step towards partner, pose Both: 4 x hip circles in a $\frac{3}{4}$ turn starting by turning away from your partner and ending up facing them
03:00	Verse 3 #2	Both partners walk with baby steps towards right (one facing forwards the other backwards) using shoulder shimmies for a 6 count, Partner 1 leans forward as Partner 2 leans back, 3 x shoulder hits together. Repeat to left,

		with Partner 1 leaning back as Partner 2 leans forward for shoulder hits. Both partners do quarter turn to face front and hip hit towards their partners, then quarter turn again so they are facing opposite direction away from each other, cheeky bum push back towards partner, cross step to the side to face front and shoulder shimmy with slight knee bend
03:12	Verse 3 #3	Rik step R, L, Egyptian walk together into one line, slow hip circles left x 2
03:25	Chorus sung through drainpipe!	Rik step with shimmy across front
03:34	Refrain #1	Step touches to circle round and double back across stage 2 x double hip circles with half turn as before, facing back, front, back, front
03:49	Refrain #2	Forward and back on right where forward step is layered with a reverse camel, step, quarter turn and push hip out, turn on spot and finish facing front
	Chorus	Hip drop kick with lower drop on the heavier rhythm Hit L-R, heel tap
	Saidi to fade	Rik step with layered shimmy to exit stage right