

Class Choreography: Harem – REG Project

Time stamp	Section	Action
00:00	Start	Pose with arms over head, wrists crossing
00:08	Intro	8 x slow hand waves 4 x slow wrist circles, right arm comes down to chest level, 4 x wrist circles, left arm comes down to chest level Snake arms for a 12 count Shoulder hits x 3 R-L-R
00:48	Orchestral section 1	Forward and backs x 3 moving to right, arms held at chest height and moving at elbow in opposition Step turn step with “ballet” arm (non-leading arm swoops over head), snake arms Repeat to left
01:04	Orchestral section 1 repeat	Repeat 3 x forward and backs but this time starting facing the audience and moving round to the right, 2 x hip circles to right to bring you back round to the front, arms moving down to frame hips Repeat to the left
01:21	Bridge	Forward and back in triangle pattern (diagonally forward to left, diagonally back to left, diagonally forward to right, diagonally back to right), with pause on the “backs”, arms pushing forward x 2 Front row and front row swap places – front row moves using double hip drops, back row moves forward using hip lifts. Quick shimmy
01:36	Orchestral section 1 repeat # 2	One and a half hip circles to right with Aladdin arms, chest drop, one and a half hip circles to left, chest drop, one and a half hip circles to right, chest drop 2 x hip circles to left in half circle to face the back One and a half hip circles to right with Aladdin arms, hip hit to rear on left, glancing over shoulder, One and a half hip circles to left, hip hit to rear on right, glancing over shoulder, One and a half hip circles to right with Aladdin arms, hip hit to rear on left, glancing over shoulder, 2 x hip circles to right to face the front
01:52	Violin section	Wrists together over head, camels x 4, figure 8s with wrist circles to bring hands to hip height, hip hits x 3, hands framing, quick twist
	Breakdown	Shimmies with quarter turn (front row turn to right back row to left) x 8 count

		Egyptian walks on spot x 8 count
	Orchestral section 2	Grapevine walk to right starting with left foot crossing to front, step turn step Repeat to left Camel with right foot back x 2, pivot turn to right with arms raising and falling Camel with left foot back x 2, pivot turn to left with arms raising and falling Repeat
02:58	Orchestral section 1 repeat # 3	Forward and backs x 3 moving to right, arms held at chest height and moving at elbow in opposition Step turn step with "ballet" arm (non-leading arm swoops over head), snake arms Repeat to left
	Melody and rhythm	Front row and back row swap places (or maybe into one row for performances?), front row uses double hip drops to move backwards, back row uses hip hits to move forwards, all finish with pivot turn with arms raising and falling, snake arms
	Melody and rhythm repeat to finish	Hip drop kicks moving round in a circle to right, Hands over head, same pose as start (i.e. wrists crossed) hip hit R, L Bring arms down and out dramatically into L-shaped arms as you turn to face slightly to the diagonal R and finish with a big hip drop on L
	End	Hold pose.