

Routine for Belly Dance Basics
(Music is « Warda » from « Bellydance Superstars – Vol. 1 »)

(Position : facing left corner, « S » arms, right down, left up, right foot on demi-pointe)

- 6 Snake arms
- 8 Hip drops
- 8 Pelvic tilts

(Facing audience)

- Hip circles (4 left – 4 right)
- Arabian horses – 4 left, 4 right, 8 turning 2 by 2
- 4 Half hip circles

(Facing right corner - hip drop position)

- Hand rotations going up at the front
- Hand rotations opening and going down on each side
- 8 Hip drops

Move slowly to face audience

- Figure 8, both with hips and arms (*until the end of the slow music*)

- 8 Hip bumps with straight hands and arms down
- 16 Hip bumps double-time
- 16 Hip bumps turning, same tempo, arms slowly going up in temple position

- Regular shimmy (double-time from previous tempo), arms going down
 - Regular shimmy, arms going up
 - 4 Half hip circles
 - Choo choo shimmies (i.e., on toes) first with arms going up, then down
- Last position is the same as the first one (facing left corner)