

Routine for Drumming Spirit

1. R shoulder, L shoulder, R L as a wave
2. L shoulder, R shoulder, L R as a wave
3. 2 chest lifts, 1 undulation (knees, pelvis, belly, chest)
4. 2 chest lifts, 1 undulation (knees, pelvis, belly, chest)
5. R hip bump, L hip bump, shimmies
6. R hip bump, L hip bump, shimmies
7. Mayas R, L, R, 3 hip bumps
8. Mayas R, L, R, 3 hip bumps
9. Small belly circles towards R
10. Small belly circles towards R
11. Small belly circles towards L
12. Small belly circles towards L
13. R shoulder, L shoulder, R L as a wave
14. L shoulder, R shoulder, L R as a wave
15. 2 chest lifts, 1 undulation (knees, pelvis, belly, chest)
16. 2 chest lifts, 1 undulation (knees, pelvis, belly, chest)
17. R L hip bumps, shimmies
18. R L hip bumps, shimmies
19. Mayas R, L, R, 3 hip bumps
20. Mayas R, L, R, 3 hip bumps
21. Hip drops R front and back, L arm up, R in tempo
22. Hip drops R front and back, half turn towards back
23. Hip drops L front and back, R arm up, L in tempo
24. Hip drops L front and back, half turn towards back, end both arms up.