

Routine for Mid-Eastern Rhythms

Stand facing with arms crossed on hips

1. Open R arm
2. Open L arm
3. 8 twisting shimmies
4. 4 hip hits straight R
5. 4 hip hits turning R
6. 4 hip hits straight L
7. 4 hip hits turning L
8. 2 hip pushes R, L arm pushing (alternate 8 times)
9. 2 twisting shimmies
10. 4 hip hits straight R
11. 4 hip hits turning R
12. 4 hip hits straight L
13. 4 hip hits turning L
14. 8 Greek jumps to R, L foot on top
15. 8 Greek jumps to L, R foot on top
16. 4 BD mambo to R
17. 4 BD mambo to L
18. Derviche turn to L, R arm up, count of 8
19. Derviche turn to R, L arm up, count of 8
20. 2 hip pushes R, L arm pushing (alternate 4 times)
21. 2 twisting shimmies
22. 4 hip hits straight R
23. 4 hip hits turning R
24. 4 hip hits straight L
25. 4 hip hits turning L
26. 8 Greek jumps to R, L foot on top
27. 8 Greek jumps to L, R foot on top
28. 4 BD mambo to R
29. 4 BD mambo to L
30. Derviche turn to L, R arm up, count of 8
31. Derviche turn to R, L arm up, count of 8
32. 2 hip pushes R, L arm pushing (alternate 8 times)
33. 2 twisting shimmies
34. End