

HOT HIPS

Costume for **At The Oasis Show** 2013 Black and silver theme. Straight skirt. Tummy cover or not, your choice.

Pangia: Edges of Tradition Vol 6 Track 3 Epic Drum Solo Purchase the file at the link for .99

<http://www.cdbaby.com/cd/pangia4>

1-4 choo choo shimmy
5-8 heel drop & hold
& 1 two heel drops - facing diagonal left
& 5 repeat two heel drops - facing diagonal right

Facing Diagonal Right

*1-4 shimmy
5-8 hip/tush push to the right
& 1 hip twist front back
& 5 hip lift and drop

**Repeat on the left*

1-4 choo choos travel to face back
5-8 look over left shoulder
&1 hip hip and switch to right looking over shoulder
& 5 repeat/switching sides

1-4 shoulder shimmy
5 contraction HOLD

1x8 starting on left foot-out up downs (a.k.a. Ghwazee walk)
1x6 same
7-8 step R step L

1x8 starting on right (Kashlimar step) - facing diagonal left
1-4 right hip push (weight on right for the push) , turn on left foot and then switch weight to right leg for the shimmies
on 5 lift the chest and hold that pose (right arm goes to right side of head)

Listen for the drum

shimmy left hip
shimmy right hip
shimmy left hip
twist front, back, front with left hip

1x8 left Arabic hip - a.k.a.Upside down U's

1-2 chest lifts - left right
3-4 hip circles right
5-6 chest lift - right left
7-8 hip circles left

1-2 chest lifts - left right
3-4 hip circles right
5-8 hip circles into a shimmy

1-8 back part of the big hip circles - first to the left (starting from the weight on the rt side) and then to the right, with a heel a bounce – transitioning into a full big hip circle to the left and bend over on the chifti *Chiftetelli starts here (bend at hips and arms to floor)*

Explanation of the chiftetelli bend- Start to come up then on 5 drop 6 drop - 7 up (to the rhythm)

3x8 Undulations moving backwards – diagonal

4x8 Traveling choo choos with arms back to center

This turns into shimmies **SHIMMY PART We will figure this out as we go.**

2x8 heel bounces for now until I come up with something else... with accents

2x8 traveling cross ball changes around the room
(1&2 3&4 5&6 7&8) cross on the 1 ball on the 2 change on the 3

2x8 *Hip twists traveling step hop with a kick and switch

*repeat other side.

2x8 Kashlimar left diagonal

2x8 Fellahin traveling to transition with the last 4 beats into choo choos

3x8 of Ayub

Start with hip twists traveling in a large circle to the right making it tighter and turning into a spin

1234 5

1&2&3 I Dream Of Jeanie!

