

HCC Bellydance Spring 2011 Fridays

Alf Leyla, Wa Leyla

<http://www.youtube.com/watch?v=Dpfu06OYsvs> Jillina's choreography but the same version of this song with timings that match up below fairly accurately.

				<i>Arms</i>
0:00-0:22 "A"	2x	Hip ups: R-L-R Hip ups: R-L-R Hip ups: R-L-R Hip ups: R-L-R Hip ups: R-L-R	Guci (all using balls of feet) R-L Guci push traveling L Guci push traveling R Gucis with level change down Gucis with level change back up	Out L out, R push L R out, L push R Out Out
0:23-0:36 "B"	4x 4x	$\frac{3}{4}$ Shimmies 3-point turn to the R, L hip weighted drop 3-point turn to the L, R hip weighted drop $\frac{3}{4}$ Shimmies 3-point turn to the R, L hip weighted drop 3-point turn to the L, R hip weighted drop		Hold hair Out, in, out, R up, L out Out, in, out, R up, R out Hold hair Out, in, out, R up, L out Out, in, out, R up, R out
0:37-0:59 "C"	2x 2x	2 Hip drops (R), 2 crescents back to front 2 hip circles counter-clockwise, tuck accent 2 hip circles clockwise, turning 45 to L 2 Hip drops (L), 2 crescents back to front 2 hip circles clockwise, tuck accent 2 hip circles counter-clockwise		L on forehead, R down Cross wrists below chest R on forehead, L down Cross wrists below chest
0:59-1:22 "D"				
1:22-1:44 "C"	2x 2x	2 Hip drops (R), 2 crescents back to front 2 hip circles counter-clockwise, tuck accent 2 hip circles clockwise, turning 45 to L 2 Hip drops (L), 2 crescents back to front 2 hip circles clockwise, tuck accent 2 hip circles counter-clockwise		L on forehead, R down Cross wrists below chest R on forehead, L down Cross wrists below chest
1:44-2:06 "D"		Undulation up Constant Hip shimmy 5 chest drops (accent goes on the drop so prepare the up) Constant Hip shimmy 5 chest drops (accent goes on the drop so prepare the up)		Out
2:06-2:14	2x	Shoulder accents: R-L, snake arms Undulation up with arms, drop head		Out Traveling up