

HCC Bellydance Spring 2011 Fridays 1-2:50pm

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	$\frac{3}{4}$ Shimmies Maya R-L-R Maya L-R-L	Hold hair Out, in, out, R up, L out Out, in, out, R up, R out
	4x	$\frac{3}{4}$ Shimmies Maya R-L-R Maya L-R-L Undulation up; turn hips to face L 45 (not chest)	Hold hair Out, in, out, R up, L out Out, in, out, R up, R out switch hands
0:37-0:59 "C"	2x	2 Hip drops (R), 2 crescents back to front 2 hip circles counter-clockwise, tuck accent 2 hip circles clockwise, turning 45 to R Undulation up; with L knee bending	L on forehead, R down Cross wrists below chest switch hands
	2x	2 Hip drops (L), 2 crescents back to front 2 hip circles clockwise, tuck accent 2 hip circles counter-clockwise; turning to audience Undulation up	R on forehead, L down Cross wrists below chest both arms up; back of hands together, fingers fanned
0:59-1:22 "D"	2x	Constant Hip shimmy Constant Hip shimmy Constant Hip shimmy Undulation up; turn hips to face L 45	Both arms down, finger waves Arms float up Right arm floats down and back up Left arm floats down and back up Both arms down switch into drama
1:22-1:44		Repeat "C"	
1:44-2:06 "D"		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 and arms	Out Traveling up