

HCC Fall 2010
Midterm Choreography
Sanara

- 0:00-0:30 Sequence A:
 Shoulder accents; R, L, R, L
 2-count $\frac{3}{4}$ shimmy
 Shoulder Shimmy
 Hip Shimmy
 “Whichever” Shimmy needs more work
 Repeat Sequence A
- 0:30-0:50 Sequence B
 Hip slides; R, L, R, L
 Chest slides; R, L, R, L
 Head slides; R, L, R, L
 Chest slides; R, L, R, L
 Hip slides; R, L, R, L
 4-ct hip shimmy with snake arms
 Repeat Sequence B
- 0:50-1:05 Sequence C
 Hip ups; R, L, R
 Mayas; R, L
 Repeat ups and mayas for a total of 3 times through
 3 umies
 1 hip circle
- 1:05-1:20 Sequence D
 Chest accents; U, D, U—D, U, D
 2 Vertical counter-clockwise chest circles
 Chest accents; U, D, U—D, U, D
 2 Vertical clockwise chest circles
 Chest accents; R, F, L—R, F, L
 2 Horizontal counter-clockwise chest circles
 Chest accents; R, F, L—R, F, L
 2 Horizontal clockwise chest circles
 Repeat Sequence D