

Shik Shak Shok
Cabaret: Egyptian/Classical Oriental

| <u>Zills</u> | |
|--------------|--|
| 0:00 | Shimmy, R hip pow |
| | Double |
| | Umie, chest accents (U-D) |
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| | Level: Hip downs (R-L-R-L), 4-ct shimmy up |
| 0:10 | Layered hip slides (R-L-R-L) |
| | Singles |
| | 2x 4-ct Shoulder shimmy shifting weight forward (R) and back (L) |
| | Triples |
| | 2x walking |
| | 2x in place with chest/head sway |
| 0:36 | 4-ct chaine turns with arms |
| | Triples |
| 0:43 | 2 Hip circles |
| | Bouncing hip circles (slow) |
| 0:58 | Shimmy into full body |
| 1:03 | 2x Head, chest, hip slides R |
| | Stop |
| | Head, chest, hip slides L |
| | Head, chest, hip slides R |
| | 2 Undulations in 3 rd position, bicycle hip R |
| (singles) | Beladi |
| 1:21 | 2x 2 crescents, beladi in place (R) |
| | Hip circle with bounce to change sides |
| | 2 crescents, beladi in place (L) |
| | Hip circle with bounce to change sides |
| 1:39 | 4 Maya, bodywave up |
| 1:43 | Head, chest, hip slides R |
| | Head, chest, hip slides L into hip circle |