BARE BONES BELLY DANCE

This choreography is for Bare Bones Belly Dance students and Troupe Oasis members only. If you perform this work, please give Kat Lebo choreographic credit. If you adapt the dance, you may say that it was based on or adapted from choreography by Kat. You have permission to perform the choreography, but not to teach it, sell it, or to claim it as your own creation. Thank you for supporting the art of dance

Song: Cairo Balady CD: Bellydance Superstars Vol. VII
Artist: Cairo Cairo Choreography: Kat Lebo © 2014
Time: Regular Speed: 2:56 Moderate Speed: 3:12 Slow Speed: 3:30

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
Section 1 **Entrance** **4 4-beat msrs**	**1 measure** – Hold 4 beats **1 measure** – 4-step turn (from either side) toward Center (turn across front) **1 measure** – 4-step turn (from either side) toward Center (turn across front) **1 measure** – turn to audience and running step backwards	At sides of area 3-8-3 3-8-3 Forward welcome up to 6	0:00
Section 2: Rhythm: Maqsum – 4 beats 4 measures	**1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, to L on drops **1 measure** – ½ Egyptian Basic: Step L/Lift R, Drop R hip 2X; Look forward on Basic, to R on drops **1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, to L on drops **1 measure** – CC horizontal hip circle, CC horizontal rib cage circle.	7Lv 7Rv 7Lv Hands touch behind neck/elbows out	0:09 Slow: 0:12
Section 3 4 measures	**1 measure** – Step R across L, Point L/lift at L side, Draw L in and drop hip 2X. (variation on Lebanese Cross Step) **1 measure** – Step L across R, turn CW to rear/lift At R side; Draw R in and drop hip 2X **1 measure** – Step R across L, Point L/lift at L side, Draw L in and drop hip 2X. **1 measure** – CC horizontal hip circle, CC horizontal rib cage circle	L to R jaw/R in place R to L jaw/R in place L to R jaw/R in place Hands touch behind neck/elbows out	0:19 Slow: 0:23

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
Section 4: 4 measures	**1 measure** – Lunge turn: L foot steps to front, turn ¼ turn to face R side (2 ½ counts); Lift ribs (3), elevator shimmy (starts at the shoulders, travels in body wave to hips)(&4eh&ah). **1 measure** – Lunge turn: L foot steps forward (R side of the room), turn ½ turn to face L side of the room; Lift ribs, elevator shimmy **1 measure** – Lunge turn: L foot steps straight forward (to the L side of room), turn ¼ turn to face R side; lift ribs, elevator shimmy. **1 measure** – Reverse horizontal 8, starting R, with shimmy overlay.	L straight in front/R in 1 for turn, 3 for R arm/low 1 for elevator shimmy Same as above, but reverse arms on elevator shimmy Same for lunge turn, but 3 for shimmy Forward at 3, then lift to crossed above head	0:29 Slow: 0:34
Section 5: 4 measures	Same as section 2: **1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, to L on drops **1 measure** – ½ Egyptian Basic: Step L/Lift R, Drop R hip 2X; Look forward on Basic, to R on drops **1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, to L on drops **1 measure** – CC horizontal hip circle, CC horizontal rib cage circle.	7Lv on Basic 7Rv 7Lv Hands touch behind neck/elbows out	0:39 Slow:
Section 6: 4 measures	**1 measure** – Straight forward Egyptian Shimmy **1 measure** – Egyptian Shimmy facing front **1 measure** – Egyptian Shimmy over R to L hip slide **1 measure** – 2 full reverse horizontal 8's with shimmy overlay	.L arm comes down to 3 in front of body R arm comes to 3 in front of body 3 – look R then L 3 w/hip follow, look back up at audience	0:48 Slow:
Section 7	**1 measure** – Corkscrew turn to face back (CCW,	3-8-3	0:58

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6 measures	uses CCW horizontal hip circle with a dip) Keep shimmy going if you can! **1 measure** – Egyptian Shimmy facing rear **1 measure** – Egyptian Shimmy w/slides R L R L **1 measure** – Corkscrew back to front (still CCW) w/ shimmy if you can keep it going **2 measure bridge** – R-hip Shimmy moving weight to R side (1 eh 2 eh &), Keep weight to R but do L hip down/up/down (3 & 4); Maya & ½ LRL (1-2-3) pulling weight back even; shoulder shimmy facing front (&4&).	 Arms to 6, reach alternately R L R L To 2, reach alternately R L R L 3-8-3 3 for shimmy; L hip to R ear-look at L hip; 3 for Maya and shoulder shimmy	Slow: 1:09 Bridge: 1:08 Slow: 1:20
Section 8	**1 measure** – Vine to L: R over L, step L, R over L, Arabesque L **1 measure** – Vine to R: L over R, step R, L over R, Arabesque R **1 measure** – Vine to L: R over L, step L, R over L, Arabesque L into… **1 measure** – Airplane Turn (CW)	3 on vine; 7Lv on Arabesque 3 on vine; 7Rv on Arabesque 3 on vine, 7Lv on Arabesque L arm down/R arm up on count 1(L is front); R arm down/L up on 2 (L is back) 3 on count 3 (returning to face front), arms cross moving up center to overhead (about 6) on 4 ending facing front	1:13 Slow: 1:26
Section 9	**1 measure** – Lebanese Cross Step to L (R over L/Lift L), Standard 8 (L to R) **1 measure** – Lebanese Cross Step to R (L over R/Lift R), Standard 8 (R to L) **1 measure** – Lebanese Cross Step to L (R over L/Lift L), Standard 8 (L to R) into …	3 on cross/7LV on Lift; 3 for 8 3 for cross/7Rv on lift; 3 for 8 3 on cross/7Lv on lift; 3 for 8	1:22 Slow: 1:38

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
	1 measure – Airplane Turn (CW)	R arm down/L arm up on count 1(R is front); L arm down/R up on 2 (R is back) 3 on count 3 (returning to face front), arms cross moving up center to overhead (about 6) on 4 ending facing front.	
Section 10 4 measures	**1 measure** – 1½ large horizontal reverse 8 (1-2-3 [RLR]) and on last extend the R hip to R side & shimmy just that hip. **1 measure** – 1½ large horizontal reverse 8 (1-2-3 [LRL]) and on last extend the L hip to L side & shimmy just that hip. **1 measure** – 1½ large horizontal reverse 8 (1-2-3 [RLR]) and on last extend the R hip to R side & shimmy just that hip.(Make sure your weight transfers to the R foot here) **1 measure** – 1½ CCW paddle turns, end facing rear.	3 for 8; L hand to L ear on shimmy – look to the shimmying hip 3 for 8; R hand to R ear on shimmy – look to shimmying hip 3 for 8; L hand to L ear on shimmy – look to the shimmying hip High position 5	1:32 Slow: 1:48
Section 11 4 measures	Like Section 2 but to the rear w/modification: **1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, Twist slightly to look over L shoulder on hip drops **1 measure** – ½ Egyptian Basic: Step L/Lift R, Drop R hip 2X; Look forward on Basic, twist slightly to look over R shoulder on drops **1 measure** – ½ Egyptian Basic: Step R/Lift L, Drop L hip 2X; Look forward on Basic, twist slightly to look over L shoulder on drops **1 measure** – CC horizontal hip circle, CC horizontal rib cage circle – use both to turn CW to face front.	 L to R jaw/R in place R to L jaw/R in place L to R jaw/R in place Hands touch behind neck/elbows out	1:41 Slow: 2:01
Section 12	Like Section 3! **1 measure** – Step R across L, Point L/lift at L side,	 3 on step, 7LV on	1:51 Slow: 2:12

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
	Draw L in and drop hip 2X. (variation on Lebanese Cross Step) **1 measure** – Step L across R, turn CW to rear/lift At R side; Draw R in and drop hip 2X **1 measure** – Step R across L, Point L/lift at L side, Draw L in and drop hip 2X. **1 measure** – CC horizontal hip circle, CC horizontal rib cage circle	point, L to R jaw/R in place for drops 3 on step, 7LV on point, R to L jaw/R in place for drops 3 on step, 7LV on point, L to R jaw/R in place for drops Hands touch behind neck/elbows out	
Section 13	**1 measure** – Reverse elevator shimmy (bottom to top) angled to the R diagonal. Watch your R arm. **1 measure** – L hip reverse bicycle hip circle x2 **1 measure** – L hip figure 8 x1½ into **1 measure** – L hip reverse bicycle hip circle x2	Arms start in welcome, but when get to 3 level, L to L side, R continues up to 5 with a hand undulation. L to low rear 1; R hand to cup R ear 7Lv L to low rear 1; R hand to cup R ear	2:00 Slow: 2:23
Section 14 Paisleys	**1 measure** – Paisley to R ending w/shoulder shimmy **1 measure** – Paisley to L ending with hip shimmy **1 measure** – Paisley back to R ending with a small core collapse and roll up **1 measure** – Facing front, 1½ rib cage maya (LRL), dragging out the last ½.	3-8-3 3-8-3 3-8-then arms follow collapse/roll up Heel of each hand to sides of forehead/ elbows out	2:11 Slow: 2:35
Section 15	Like Section 8: **1 measure** – Vine to L: R over L, step L, R over L, Arabesque L **1 measure** – Vine to R: L over R, step R, L over R,	 3 on vine; 7Lv on Arabesque 3 on vine; 7Rv on	2:20 Slow: 2:46

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
	Arabesque R **1 measure** – Vine to L: R over L, step L, R over L, Arabesque L into… **1 measure** – Airplane Turn (CW)	Arabesque 3 on vine, 7Lv on Arabesque L arm down/R arm up on count 1(L is front); R arm down/L up on 2 (L is back) 3 on count 3 (returning to face front), arms cross moving up center to overhead (about 6) on 4 ending facing front	
Section 16	Like Section 9: **1 measure** – Lebanese Cross Step to L (R over L/Lift L), Standard 8 (L to R) **1 measure** – Lebanese Cross Step to R (L over R/Lift R), Standard 8 (R to L) **1 measure** – Lebanese Cross Step to L (R over L/Lift L), Standard 8 (L to R) into … **1 measure** – Airplane Turn (CW)	 3 on cross/7LV on Lift; 3 for 8 3 for cross/7Rv on lift; 3 for 8 3 on cross/7Lv on lift; 3 for 8 R arm down/L arm up on count 1(R is front); L arm down/R up on 2 (R is back) 3 on count 3 (returning to face front), arms cross moving up center to overhead (about 6) on 4 ending facing front.	2:30 Slow: 2:57
ENDING Section 17 6 measures plus one beat	**1 measure** – Step-ball-change w/"lilt" R lead/L lead Turning CW to face rear **1 measure** – Step- ball-change w/"lilt" R lead/L lead toward the rear **1 measure** – Step-ball-change w/"lilt" R lead/L lead Turning CW to face front	Moving 3 arms that move across front of body w/"lilt" Same Same	2:39 Slow: 3:09

PHRASE	MOVEMENT DESCRIPTION	ARMS	Music Time
	1 measure – Crisp twist walk (RLRL) to front	Welcome (3 to 6 in front of body	
	1 measure – Two full CW paddle turns	Arms circle out and up on first turn down cent on 2nd	
	1 measure – Earthquake bounce, body contract into final pose (Facing front slightly to R diagonal, weight on R, L leg on ball w/knee cocked, head slightly cocked up.	Arms in 3 on bounce, then into body (collapsing 8) and snap up into 7Lv for pose.	
	END—Hold pose for count of 4, then bow (curtsey)		

This song is available from Amazon at: http://www.amazon.com/Cairo-Balady/dp/B003GIO2Y8/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1409628748&sr=1-1&keywords=Cairo+balady for $1.29 You can probably also find it at iTunes and E-music and other places online.