

Dance "Inshallah" for Intermediate Level

Legend:

« , » or « + » - one movement after another
« / » - both movement performed simultaneously
Vert- vertical
hor -Horizontal
Hip - hip
8 – figure 8
in - inward
out- outward
0' 00" – minutes, second from the beginning of the music
3* - 3 times
(8) or (4) – counts
L – left
R – right

0-18" improve intro

(8)+(8) Intro
(8)+(8) entrance Skip Step

18"- 25" combo 1 ¾ shimmy

(8) 4 ¾ shimmy or side hip bump forw, 2 chest circles
(8) 4 ¾ shimmy or side hip bump back, 3 small hip circles

25"-35" combo 2 hip arches

(8) 1 arch +f-m-b R, chest circle, turn to L
(8) 1 arch +f-m-b L, 2 small hip circles

35"- 50" combo 3

(8) Twist Step to R/L, 3 point turn back/forw
(8) 2drop-kick R, int hip cir+rev~
(8) Twist Step to R/L, 3 point turn back/forw
(8) 2drop-kick R, hip cir + chest cir

50" - 1'10" combo 4 square combo

(8) Arabic 2 forw+ R drop kick drop
(8) 3 point turn R+ L drop kick drop
(8) Camel Step back+f-b 8 rlr
(8) 4 Twist steps L+cross turn

1' 10" -1'25" combo 5 regrouping

(8) +(8) Arabic 2 + 3point turn Snake switch
(8) +(8) Arabic 2 + 3point to make V- crescent

1' 25" -1'34" combo 6 sunrise arms

- (4) ¾ shimmy or side hip bumps forward/ sunrise arms to 5
- (4) F- B fig 8 ht db R/ arms from 5 to chest
- (4) ¾ shimmy or side hip bumps backwards/ arms from chest to 2
- (4) snake arms ht db R

1' 34" -1'43" Combo 7 vert fig 8s

- (4) U- D fig 8 step to R ht db R/ armsR2, L behind head
- (4) U-D fig 8 with plie ht db R/arms behind head
- (4) U-D fig 8 to L ht db L/ armsL2, R behind head
- (4) chest cir, hip cir CCW ht db U/ arms behind head

1' 43" -2'00" Combo 8 drum solo

- (4)face L diag: R Drop kick high twist/ R arm 2 L arm H1
- (4) 2 R drop kicks to face forward/ arms to 2
- (4) VHI dt fb R with F- B fig 8/ arms 2
- (4) VHI dt fb R with 2 vert chest cir ht db R/ arms 2

- (4) ext hip cir step to R ht db F/ arms 2
- (4) big ext hip cir L qt db F/arms to cross
- (4) CCW pivot with double drops/ arms R 2 L5
- (4) CCW pivot with double drops to face back, cross turn forward/cross arms then

2'00" – 2'17" Combo 9 regrouping from V to A

4*(8) 2 Arabic , 4 Twist steps/ R 5, L 2

Group 1

- (4) B- F 8s/ arms vert 8 and back to back
- (4) 2 vert chest cir/arms to 2

Group 2

- (8)shoulder roll, 2 hip cir

Together

- (8)+(8) around the circle with sirtaki. twist

2'17" – 2'35" Combo 10 Arabic 2

- (8)R Arabic 2/ arm 2 to 5+ R back 5 count turn/ arms in 5 to 2
- (8) Arabic 2 to R

Same for L/ arm go in the opposite direction

2'35" - 2'56" combo 11 coda

- (8)+(8) repeat combo 1
- (8) 2 R drop kicks, 5 count step back
- (8) 2 L drop kicks, 3 point turn to L pose: arms mod 5 left foot on relave.

