

Sword Choreo to Alf Leyla

0 – 0:36

enter spinning – sword behind neck
warrior pose, turn
balance sword on left hand
corkscrew
lower sword to heat

:37 - :44

hips rlr lrl
shimmy

:44 – 1:06

step, knee up, shoulder roll
repeat
right leg kicks, then bends to floor
left toe to the floor
rotate body to left and scoop down over straight leg
lunge forward and slowly pull u to standing

1:06 – 1:21

hip bumps to the right in large semi circle
roll down and up to music
shoulder roll
repeat

1:21 – 1:36

3 beats: drop, twist, twist

1:36 – 1:54

32 counts to get around in a choo choo

1:54

undulations
bounce
small circle
large circle

2:06

(repeat section)
hip bumps to right in large semi circle
roll down and up to music
shoulder roll
repeat

2:52 – floorwork
berber knee walk
floorwork side lunge
stomach up - belly roll
pivot around to knees

3:03
on knees 123 beats
hips
shoulders
kick to stand
other side
rlr
one foot

(repeat section)
(repeat section)
hip bumps to right in large semi circle
roll down and up to music
shoulder roll
repeat

pose