

Class 5 Notes

Block	Direction	Description	Count
1	For/Back	Cross touch forward, 4 cha-cha back Repeat	16
2	In Place	For/bk R foot 1x, cross turn R 2 Beledi R, 2 undulations to the front For/bk L foot 1x, cross turn L 2 Beledi L, 2 undulations to the front	32
3	Diagonal	4 hip R diagonal, 4 hip L diagonal Double hip drop back 4x	16
4	Side	Grapevine R jump hop Grapevine L jump hop	16
5	For/Back	Walk forward R, 2 Samiha R Walk back L, 2 Samiha L	16
6	Diagonal	Arabesque R, Saidi L, SS around L 8 counts Arabesque L, Saidi R, SS around R 8 counts	32

SS = Shoulder Shimmy

R = Right

L = Left

R lead = Right foot lead

L lead = Left foot lead

Cts = counts

For/Back = Forward and Back

Side = Sideways

Forw. = Forward