

**Core Cues for Tribal Improvisation**  
**Created by Amara**  
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Some combos are only written out as if you are leading on R. ALL combos can be reversed, though, if you are adventurous enough!

**Stall Moves**

- Turkish *Cue: Face diagonal, Turkish arms (“hugabigtree”)*  
Rocking forward and back with leading foot, arms wave slightly toward audience when you rock forward, arms center when you rock back – four counts to complete move
- Ghawazee *Cue: hands down to hips (wrist figure 8 if arms already down)*  
Step alternating feet repeatedly with  $\frac{3}{4}$  shimmy, hands by hips rotating wrists up/down
- High Ghawazee: *Cue: hands up in zigzag RLRL (or LRLR if on L)*  
Step alternating feet repeatedly with  $\frac{3}{4}$  shimmy, arms in 5<sup>th</sup> swaying back and forth (almost all moves that cue out of “ghawazee” can be cued out of high ghawazee!)
- Basic Egyptian *Cue: Face forward, Basic Egyptian arms (overhead)*  
Touch-step with hip lift, when hip is lifted, the elbow on that side drops slightly as arms open up
- Low Basic *Cue: Out of regular basic Egyptian, bring arms down to frame hips*  
Same as basic Egyptian, but with arms starting in low V
- ChooChoo *Cue: Back arm up, front arm out to audience*  
Hip lifts on front hip
- Arabic *Cue: floreo moving hands down to hips (if coming from basic Egyptian, cross wrists and bring arms down)*  
Up to down undulation stepping RL or LR
- $\frac{3}{4}$  8 *Cue: on 8 or &, take a big step out with leading foot*  
Wax on/wax off arms at hips with big backward 8, two hip lifts on each side
- Ganesha *Cue: non-leading hand to same shoulder*  
Step flat on back leg, toe on working leg (flat on beat), leading arm does big snake arm down (12) and up (34) – to cue out of this first bring non-leading arm down to hip in fist)
- Maya *Cue: tribal torture arms*  
Up to down hip figure 8s – follow the leader for pace

**Stall Combos**

- Arabic with twist *Cue: Out of Arabic, elbows bent and arms in at shoulder height with floreo*  
Step 1 2 with one Arabic and floreo, then step out with front foot to the side, same arm swings out to side (3), step back foot in place, arm comes back in (4)
- Arabic Push *Cue: arms make small sagittal circle pushing down and out by chest***  
**“Arabic with a Twist footwork” – during Arabic, make a small sagittal hand circle, during step out, push arms to opposite side as step, then as you step back in, arms come back to chest**
- Arabic twist and dip *Cue: move arms down, out in an arc to non-leading side, then in to “Arabic with a Twist” cue arms (4 count cue)*  
“Arabic with a Twist” footwork, repeat cue arms
- Arabic with Arm circle *Cue: Out of Arabic, leader does one Arabic facing non-leading side (no arm circle)*  
Arabic center, side, center, side, with level change (up with front, down with side), and arm circles with side Arabics: forward-down-back-up with front arm
- Sassy Choo Choo *Cue: arms drop down behind hips in sweep 5678*  
Shoulder shimmy with shoulder drops RLRL and arms in t-rex, then 4 hip drops with arm sweep down behind hips and back up to T-rex – move ends when leader brings arms back to Choo Choo ‘L’ arms during arm sweep
- Choo Choo Forward and Back *Cue: Front arm moves from audience to dancer’s “front” 78*  
2 hip lifts forward, front arm up, back arm at shoulder height, then 2 hip lifts back, front arm at shoulder height and back arm up, repeat – move ends when leader brings arms back to Choo Choo ‘L’

## Formation Moves

- Clique *Cue: out of any turn, leader stops facing back (facing other dancers)*  
Leader may cue into any new move, or travel in either circular direction  
While in a clique, dancer nearest the “lead” position may cue combos or turn to the front to take over the lead
- Traveling Circle *Cue: lead dancer starting to travel around in circle*  
Rotate dancers while facing forward
- Choo Choo Line Change: *Cue: floreo with front hand only*  
Two 2-point turns in place, front row moves back with 4 hip drops, back row moves forward with four hip lifts, two 2-point turns in place
- Line change *Cue: Out of Basic Egyptian or Ghawazee, leader starts to travel back*  
Front dancer(s) moves back for 4 sets of the movement, back dancer(s) moves forward for 4 sets
- Arabic Line Change *Cue: R flamenco arms, L flamenco arms - 8 count cue***  
**R flamenco arms (R wrapped around, L up) 2 Arabics traveling forward (facing stage L) – 8 counts**  
**2 Arabics with ½ set of outward arm circles (end in 2<sup>nd</sup>) - 1234**  
**2 circles CCW with sawblade arms – 5678**  
**Bring L arm up**  
**End in Choo Choo**

## Turkish

- Turkish foot change *Cue: Out of Turkish, verbal cue “yip” on rock forward*  
Step onto non-leading foot, then step cha-cha-cha and begin Turkish on other side
- Turkish swivel “crazy” turn *Cue: Out of Turkish, big Turkish arms for 4 counts*  
Turkish RLR, turn to back with L, Turkish RLR, turn to front with L, repeat  
On L: Turkish LRL, turn to back with R, Turkish LRL, turn to front with R, repeat
- Turkish 2 pt turn *Cue: Out of Turkish, leading arm down, back, and up (4 count cue)*  
(if partnered, turn to four corners of diamond (LFRB) stepping R to the corners and turning CCW)  
Two point turn forward, back, forward, back (counterclockwise if on right), arms: out, down, up, down
- Turkish 4s *Cue: leading arm “stirs the pot”***  
**One Turkish as normal, then two hip figure 4s with leading hip to turn to back diagonal, leading arm “stirs the pot”, repeat entire sequence to face front diagonal again**
- Bollywood Kick *Cue: Out of Turkish, do Bhangra arms 5678*  
Bollywood kick using L to kick back and R to kick forward, then step-heel touch facing L diagonal, then step-heel touch facing R diagonal - count of 8  
Repeat Bollywood kick, then step-heel touch facing R diagonal, then step-heel touch facing R diag - count of 8  
Both hands on R hip: four hip lifts on R traveling forward, four hip drops on R traveling backward count of 8
- Turkish Twister *Cue: umbrella both arms, then push them out in front of you (4 counts)*  
Walk toward left front diagonal RL, touch R, then R unweighted hip lift, drop (lift/drop on &4) – 123&4  
Reverse CW tornado turn – 56  
L shoulder roll forward – 78  
Diagonal up to down R to L undulation with R arm swell, ending with L hip lift facing stage R – 1234  
Rock back on R with pelvic tuck – 5  
Step LRL turning CCW and traveling toward stage R – 678  
R shoulder roll forward, then L – 12  
Diagonal up to down R to L undulation ending with L hip “toss” with R hand – 34  
End in Ghawazee

**Turkish Headache Cue: Turkish party arms – 5678**

**Rock forward one more time with R dolphin hand, step in place with L, step out with R (opening to front) and touch with L (this is "wind up") - 1234**

**Turn CCW stepping RL - 56**

**Shoulder rolls forward RL - 78**

**Hands on head with elbows pointing forward, look over L forearm, up to down roll ending in L emeril hip and head toss back - 12**

**Rock back on R, then step toward stage L w/ L with "wind up arms" - 34**

**Step turn RLRL turning twice CCW end facing L diagonal - 5678**

**Throw R arm forward, then L arm on top - 12**

**Hands on head again, undulation down to L hip, then down to R hip - 3456**

**Rock back on R (you have to fudge your weight change at end of last undulation), step L in place - arms go down, R, up, L, into Turkish party! (78)**

**Ghawazee**

Ghawazee personal circle *Cue: Out of Ghawazee: follow the leader*

Turn yourself around in a personal circle (match speed of leader) over nonleading shoulder

Ghawazee traveling *Cue: Out of Ghawazee, follow the leader*

Walk forward – follow the leader

Ghawazee Double Hip Bumps *Cue: Out of Ghawazee, bring arms up with hands next to body for four counts*

(If partnered, travel with bumps (stepping 123) to make a box around your partner)

Hip bumps R facing stage L, hip bumps L facing back, hip bumps R facing stage R, hip bumps L facing forward, repeat whole sequence – arms in L arms, look out over arm that's down

**Big Island Cue: Hands "dive" out to side**

**Touch out with R toe and R hand dive, then bring R foot and hand back in -12**

**Down to up undulation while pushing R hand up along body to 5<sup>th</sup> position – 34**

**Touch out with L toe and L hand dive, then bring L foot and hand back in -56**

**Down to up undulation while pushing L hand up along body to 5<sup>th</sup> position – 78**

**R arm down to shoulder height with flat palm facing out, then L arm repeats – 12**

**R hip bump with look R, then L hip bump with look L – 34**

**Touch R toe diagonally in front of L foot, then step R foot back to center, L arm swings**

**down in arc and elbow bends so arm is in front of chest with L hand near R shoulder - hand in fist – 56**

**Touch L toe diagonally in front of R foot, then step L foot back to center, R arm swings**

**down in arc and elbow bends so arm is in front of chest with R hand near L shoulder - hand in fist – 78**

**Touch R toe diagonally in front of L foot, then step R foot back to center, R arm swings**

**down in arc, then out and up to 5<sup>th</sup> position (hand opens) - 56**

**Touch L toe diagonally in front of R foot, then step L foot back to center, L arm swings**

**down in arc, then out and up to 5<sup>th</sup> position (hand opens) - 78**

Bhangra Slide *Cue: Out of Ghawazee, bring both arms to R (5678)*

Bhangra slide R (down, up, down, up), repeat L - 2 counts of 8

Bhangra X from down on L to up on R – 1234

Step on R - Bhangra arms up on R, up on L -56

Step on L – Bhangra arms down on L, down on R – 78

Bhangra Flirt *Cue: Out of Ghawazee, bring arms to T-Rex with R in front*

Four R shoulder punches with R steps to facing L diag, two L, two R – count of 8

Bollywood peek in, out, in, out – 1234

Two hip bumps R, two left with hands on hips and head slides – 5678

Hershey Kiss *Cue: walking arms L forward, R forward – 4 counts*  
 R rocking step to front R diag (2<sup>nd</sup> right step hits back R diag), then R rocking step to back L diag (2<sup>nd</sup> R step hits front L diag) – walking arms  
 John Wayne forward RLRL – 8 counts  
 Pretzel back RLRL – 8 counts

Ghawazee Jill *Cue: Ghawazee arms become bigger and raise up close to shoulder height*  
 (If partnered, use inside out hip circle to switch places with partner)  
 Drunken circle, inside out hip circle, 3 pt turn with hip twist back, 3 pt turn with hop onto non-leading foot

Ghawazee Promenade *Cue: arms go out straight at shoulder height*  
 Back partner comes up, R floreo on counts 3-4 and then bring R arm in, walk in complete CCW circle with front partner walking in a CCW personal circle counts 5-12, back partner returns to her place, bringing R arm out again on counts 13-16

Happy Birthday Grapevine *Cue: arms sweep in together and back out (5678)*  
 Step out R, cross behind L, step out R (rib cage goes forward, back, forward) – 123  
 Hop onto R foot, bring L knee up and L hand to ponytail – 4  
 Kitty cat L arm and land on L foot with  $\frac{3}{4}$  shimmy – 5  
 Rock back onto R foot – 6  
 Step out with L foot to face audience – 7  
 Swing R foot around CCW to face back – 8  
 Jazz hip L, turn CW to face front, jazz hip L scissor arms - 1234  
 Rocking step with L facing R side, walking arms – 5678  
 Reverse! On last two counts of rocking step on R, face front

Classic Egyptian *Cue: Bicycle Ghawazee 5678*  
 Hip twist RL, roll down to up, shoulder shimmy with hands RLRL (repeat) – 2 counts 8  
 Classic Egyptian walk RLRL to R (right hand forward, back, forward, back) - 1234  
 Two sets bicycle hip to face L diag -5678  
 Classic Egyptian walk RLRL to L (right hand forward, back, forward, back) -1234  
 $\frac{3}{4}$  on the down pivot to face forward -5678

Durga *Cue: Pushpataka up from hips to shoulder height in front – 5678*  
 Lotus to four corners of diamond (LFRB) stepping R to the corners and turning CCW – 8 counts  
 $\frac{1}{2}$  grapevine to the L with pushpataka in crescent to L – 1234  
 Hit R heel, step out R, cross behind L, turn over L shoulder to face front, stepping R – hands push out to R, palms flat and facing out, then make a crescent RFL as you turn around – 5678  
 Durga spear arms with R foot slap and look R, then flat palms out and around (r) to center – 1234  
 L hand pataka R hand hansasya “writes” on L on CW circle 5678  
 Slap L hand with R on 1, make vertical crescent with palm facing out – 234  
 Ganesha with R snake arm

Sunrise *Cue: “sunrise arms” with palms up from hips to chin height, walking forward – 5678*  
 High ghawazee – 1234  
 Ghawazee in four point turn (side back side front) with arms opening slightly and head looking R every time you step R

**Thing 2 Cue hands on hips**  
*Shoulder roll back RL with 1/2 level change down, hands on hips – 1234*  
*Jump feet out w/out changing level of head, L arm comes forward, R arm goes out - 5*  
*Snake L starting with head and level change up – 678*  
*Step out R, arms swing gently L – 1*  
*Cross behind L, arms swing harder R, making fists – 2*  
*Reverse tornado turn CCW to face front - 34*  
*Arms in low V – hip drops RLRL with level change down – 5678*  
*Knees onto floor – 1*  
*(2 starts this movement) Place R foot on floor – 3*

*Stand up – 4*  
*Kick L foot forward – 5*  
*Place L foot down – 6*  
*Hip drops with twists FB - 78*

### **High Ghawazee**

Hot Pot Fox Drop *Cue: Out of High Ghawazee, zig zag arms down RLRL*  
Step out onto R toe to R diag with both shoulders rolling back – 12  
Flatten R foot, bend L knee and take L heel off ground, drop rib cage – 3  
Rib cage lift – 4  
Rib cage circle LBRF to face forward – 56  
Bend R knee sharply – 7  
Low R snake arm moving up to chest R to push body center – 8  
Tribal push away from chest while R foot rocks behind L (facing stage R) - 12  
Turkish window R, step LR to face body to stage L (R hands land palm to ground by R hip) – 34  
Omi with R heel up – 5  
Full level change – 6  
Down to up undulation, hands in at chest height palm down – 78  
Step out w R foot to face back, extend R arm stage L – 1  
Look stage L and R hip bump – 2  
Hip twists back on R hip (small, then big) to open body to stage L, R arm floats down with hip twists – 34  
Step onto R foot, kick L heel up, step onto L foot, kick R heel up (on L heel kick up, brush R shoulder with L hand, on R heel kick up, brush L shoulder with R hand) – 5678  
R elbow out to R diag, rib cage lift, pelvic drop R diag – 1  
Rib cage lift center, pelvic drop – 2  
L elbow out to L diag, rib cage lift, pelvic drop L diag – 3  
Rib cage lift center, pelvic drop – 4  
L shoulder roll back, R shoulder roll forward – 5  
Hop R foot across L – 6  
Turn CCW to front with arms crossing at hips and up to “tada!” – 78

### **Basic E**

Basic Egyptian traveling *Cue: Out of Basic Egyptian, follow the leader*  
Basic Egyptian traveling forward – follow the leader  
Basic Egyptian Half Turn *Cue: Out of Basic Egyptian, shoulders and hips swivel to one diagonal, then other*  
1 set Basic Egyptian facing forward, turn to back with “step” on non-leading foot, 1 set Basic Egyptian facing back, turn to front with “step” on non-leading foot  
Basic Egyptian Hip Twists *Cue: Out of Basic Egyptian, hands make small sagittal wheel in the air*  
Leading hip twists as dancer turn one full turn with 8 hip twists  
Basic Egyptian Swivel Turn *Cue: arms make a horizontal circle in direction of turn*  
Turn around 1 ½ times over non-leading shoulder, do one set Basic Egyptians, repeat  
Egyptian Score *Cue: Left arm slinks down to L shoulder - 5678*  
Hip twist to L diagonal with kitty cat arm up, center, down, then both arms center and lift front knee “score!” - count of 8  
Turn over R shoulder stepping RL -1 12  
Step on R and twister RL (looking over L, then R shoulder) – 3456  
Cross R foot behind and Tornado turn CW to back – 78  
Unweighted, then weighted lift on R, then L -1234  
Hop to cross L behind R, unwind to front CW -56  
Down to up undulation bringing arms up – 78  
**Hide the Rum – Cue: Out of Basic E – arms go out to 2<sup>nd</sup>, palms flat to sides (5678)**

**Jump L foot behind to cross, L foot out (weight to R), R foot behind to cross, R foot out (weight to L) –  
1234**

**Look LR, twister R – 5678**

**Level change down/up, hips up first (hands on knees), then up to down roll to get  
Upper body up 4 – 1234**

**2 Arabics with ¾ to face back (turning CCW) – 5678**

**Look LR, twister R – 1234**

**Emeril hip L RRR – 5678**

**CCW ½ tornado (L foot behind) snake up to down head to R hip drop – 1234**

**Snake down to up hip to R head slide – 56**

**7 level change down, 8 level change up, arms up to Basic E**

#### Low Basic E

Low Twists *Cue: Basic E arms down by hips 5678*

Travel forward with HUGE basic E – 1234

Travel back with same – 5678

Turn to L back corner with 2 sets same – 1234

¼ Turn to R back corner with 2 sets same - 5678

#### Choo Choo

ChooChoo traveling *Cue: Out of ChooChoo, follow the leader*

Travel forward with 4 hip lifts, turn over non-leading shoulder for 4, travel back for 4,  
turn over non-leading shoulder for 4

Choo Choo arc turn *Cue: back arm drops to meet front, then wrists lift slightly*

Four hip lifts (front corner, back corner, back corner, home position) on counts 1234  
while arms make a big arc (down, side, up, counts 1234, then to home position on counts  
5678)

Grapevine *Cue: floreo by cheek*

½ grapevine, pelvic tuck, cross in front R, step out L, turn CW over R shoulder stepping  
R, point L toe out to stage L, ½ grapevine, hip drop, ½ grapevine, hip lift/drop

Choo Choo Drops: *Cue: front arm sweeps down behind hip and then back up (4 count cue)*

Two front hip drops with front hand “directing” (on 1 an 3) 1234

Step front foot out to leading front diagonal and then shift weight, arms float down 56

Prepare for reverse tornado turn by crossing nonleading foot behind – 7

Reverse tornado turn (CCW if on R, CW if on L)- &

Hit the end of tornado turn facing new diagonal, arms in tribal torture – 8

Rib cage whip lift, then roll down – 123

Nonleading hip lift – 4

Nonleading hip typewriter from diagonal to side (1/8<sup>th</sup> of a circle) x 4 drops, arms sweep  
down behind hips and head looks down toward hip – 5678

Now you are choochooing on other side!

**Ancient Ruins *Cue: back arm goes down to ear, then pushes out at shoulder height – 4 counts)***

**If on R, R hip – Drop, drop/kick, drop, drop/kick – 1234**

**Step R foot back, step L in place, then step R, L traveling toward stage L and  
opening to Front – 5678**

**Hip figure 8 front to back LR – 1234**

**Step LRL (on 7, cross arms), arabesque on R (on 8 open arms) – 5678**

**Step R (facing stage L & crossing arms in front of hips), step LRL with ½ turn to  
face stage R, arms into “butt cup” – 1234**

**Two hips-only down to up undulations – 5678**

**“Bob” (circle and a half) to face stage L – 1234**

**Arms slowly sweep up as you resume Choo Choo – 5678**

**Choo Choo X *Cue: front arm extends back to diagonal***

**Choo Choo to right front, then hips on the down to left front diagonal – 1234**  
**Choo Choo to right back, then hips on the down to left back – 5678**  
**Now stage L is your “front”!**  
**Choo Choo to right front, then hips on the down to left front diagonal – 1234**  
**Choo Choo to right back, then Choo Choo to “real” left front diagonal – 5678**

## Arabic

Arabic personal circle *Cue: flamenco wrap arms, look over shoulder just before turn (arm that’s down is direction of turn)*

Turn facing four diagonals for one Arabic each

Arabic Twist and Dip Swivel Turn *Cue: out of Arabic Twist and Dip, on “3” bring arms up to diagonal instead of straight out*

Arabic – 12

Step out onto leading foot as with regular Arabic Twist and Dip – 3

Pivot over nonleading shoulder to step non-leading foot to face back – 4

Repeat 4 count sequence to face forward again, then repeat entire 8 counts

Arabic Partner Pass *Cue: Out of Arabic, vocal cue*

4 Arabics to partner off, lowering arms to hips, then two Arabics facing each other, one Arabic with a twist, then turn to your left, two Arabics to pass back to back (arms down, then out), one Arabic turning ¼ clockwise to face away from partner (arms up), one more Arabic to turn ½ clockwise to face each other (arms down close to body), repeat partner pass, then 4 more Arabics to return to your place (if dancing in a duet, new “front” dancer can cue out of Arabic Pass in the middle by turning to the front, OR if dancing in a group, new “front” dancer can give a vocal cue right after first half of combo. This means new front row continues their clockwise turn and moves forward, back row stays in place and adjusts if need be)

Jack *Cue: arm circle with both arms from up: in, down, out, up (4 counts)*

Low Arabic facing forward with arm circle (in, down), high Arabic facing side with arm circle (out, up), repeat back, side, forward, side, back, side, then Arabic forward and bring arms out to sides (if on R, turn CW)

Swirly Partner Pass *Cue: bring left arm around body at chest height, right arm curved above head (like “S arms”), then vocal cue*

4 Arabics to partner off, lowering arms to hips, then two Arabics facing each other, one Arabic with a twist, then turn to your left, two Arabics to pass back to back (arms down, then out)

Step right, point left (no Arabic) to face partner, bringing left arm around body at chest height and right arm curved above head, then step left, right, left turning clockwise to return to back-to-back position, then two Arabics to pass back to back (arms down, then out)

Step right, point left (no Arabic) to face partner, bringing left arm around body at chest height and right arm curved above head, then step left, right, left turning clockwise to face partner, then continue turning over left shoulder with 4 more Arabics to return to your places, arms scooping down, out, and up

One Armed Egyptian *Cue: out of Arabic with arms up, bring R arm down in outward arm circle, then L arm (either on 5678 or 78)*

Basic E with R arm up – 1234

Basic E with R arm at shoulder height – 56

Basic E with arm at hip – 7

Pivot over L shoulder to face back, feet together – 8

Step out with R foot, R arm goes back, 2 pelvic drops, step in R, 2 pelvic drops – 1234

Step out with L foot, L arm goes back, 2 pelvic drops, step in L, 2 pelvic drops – 5678

Swing R foot around CW to face stage R – 12

L arm out at shoulder height, palm straight out – 3

Look at audience – 4

Step back R, L with 4 pelvic drops – 5678

Step toward stage L with R foot, L arm drags (open up to audience) – 12

Step LR to turn CW and face stage L – 34  
 Step L toward stage L with walking arms – 56  
 Turn to face front – 7  
 Emeril hips on 8, 2, 4  
 Two rib cage lifts 56  
 Arms down, cross wrists and bring up overhead with CW tornado turn – 78  
**Spittin Chains Cue: forward shoulder roll R on 7, forward shoulder roll L 8**  
 Head roll forward and counterclockwise – 1234  
 Step R toe and roll up – 56  
 Hands and knees in, out – 78  
 Rib cage circle LFR to face R diagonal – 12  
 Roll down – 34  
 Hip bumps to the back L – 5 6  
 Rib cage circle RFL to face front - 78  
 Rib cage slide up to R diagonal (lift L heel), slide to L center, slide down to R diagonal,  
 slide to L center, repeat sequence, - 8 counts  
**Arabic Cabaret Cue: headache arms R**  
 Step back (crossing behind on first step) RLR LRL with headache arms L, R – 1234  
 Arms in low 2<sup>nd</sup> - cross back with R, touch L (windup arms)- 56  
 Turn CCW stepping LRL - 78  
 Arabic w/ ¾ shimmy arms going down to hips, then out and up – 1234  
 Up to down undulation & shimmy, to R diag, then L, “aura” arms down – 5678  
 Bounce on both feet, then kick R foot out to swivel to R diagonal, repeat L - 1234  
 Step turn R, touch L (windup arms) - 56  
 Then turn CCW stepping LRL – 78  
 End in ¾ 8  
**Bollywood Bangles Cue: arms out to R – L wrist up, R wrist down**  
**Push L wrist down, R wrist up, cross in front with L – 1**  
**Release on 2 back to cue position**  
**Sweep L arm over head to push L wrist down on L side of body, R wrist up step L**  
**foot out to L – 3**  
**Release on 4 back to cue position**  
**Repeat counts 1-4 – 5678**  
**With R hip drops on beat - brush pinkies outward along cheeks and then move arms**  
**to cross with lotus going outward – head bobble – 1234**  
**With R hip drops on beat arms cross in front, L on top of R, hit arms together – L**  
**wrist pushing down, R up x4 on counts - 5678**  
**With R hip drops on beat – windshield wiper arms up to L and L, then down to L**  
**and L – 1-8**  
**End in ¾ 8**  
**Arabic 8s Cue: L arm pulls up through center line in front, L arm same but in back, then push**  
**out from shoulders – on 8 take a big step out with the L foot and put all your weight**  
**there (8 count cue)**  
**R shoulder figure 8 (all figure 8s go down/forward/down/back), rib cage figure 8, R**  
**hip figure 8 – 123456**  
**Reverse CW tornado turn taking a big step out R at end -78**  
**L shoulder figure 8, rib cage figure 8, L hip figure 8 – 123456**  
**L hip lift, drop with R arm up in high V, L arm “cross your heart” – 78**  
**L hip diamond drops – front, out, back, in 1234**  
**L arm sweeps down and up (barrel turn arms) with CW tornado turn – 56**  
**Sonia arms with rib cage lift/drop - 78**  
**Arms push down in front of body with two ¾ shimmy Arabics – 1234**  
**Cue arms with two Arabics turning CCW – 5678**  
**Arabic Foot Change Cue: Big sagittal arm circle overhead pushing down and out**  
**Arabic to opposite diagonal with sagittal circle, Arabic center bringing arms up to**

**5<sup>th</sup>, Arabic to original diagonal with sagittal circle, then swivel arms to turn over leading shoulder to face opposite front diagonal**  
**Arabic to opposite diagonal with sagittal circle, Arabic center bringing arms up to 5<sup>th</sup>, Arabic to original diagonal with sagittal circle, then swivel arms to turn CW stepping 123 to face opposite front diagonal and begin Arabic on new leading side**  
**Arabic Push Swivel Turn Cue: out of Arabic Push, just before sagittal circle, bring leading elbow back sharply**  
**Arabic – 12**  
**Step out onto leading foot as with regular Arabic push – 3**  
**Pivot around to step non-leading foot to face back with swivel arms, repeat 4 count sequence to face front, and then repeat entire 8 count sequence**

### Three Quarter Eight

**Tootsie Pop Cue: bring hands to hips R and then L**  
 L shoulder roll forward, back, forward to R diag, back to R diag  
 R shoulder roll forward to L diag, back to center, forward to center, back to L diag – 8 cnt  
 Shoulder roll R forward x 2, CW rib cage circle (emphasis on back) x2 - 1234  
 Tootsie in with R, out with R 5678  
 Twister to the L x2 – 1234  
 Rond de jambe with L so L foot lands at back R corner, CCW rib circle with level change down – 5678  
 CW rib cage circle with level change up and then stepping out with L to center body forward – 1234  
 R shoulder roll forward, L shoulder roll forward with look down, L shoulder roll back, R shoulder roll back with look up - 5678  
**SOS Cue: right arm goes back on 12, then up on 34, and down on 5678**  
 Step back on R with R shoulder roll back – 12  
 Step together with L shoulder roll back – 3  
 Step out with R, throw R arm up in high V, look L – 4  
 Emeril hips R with wrist flicks – 5678  
 R shoulder roll back with L step back and R touch – 12  
 R shoulder roll forward with R step forward and L touch (bend a waist) – 34  
 Pivot to face L diagonal – 5  
 Ankle pop on L foot – 6  
 Swing R leg around to face L with CCW omi, bring R hand to neck – 78  
 Afata RBLF - 1234  
 ¾ turn CCW to face front with 2 CCW omis, R hand scoops down side of body leading with fingertips  
**Kick the Kitty Cue: L arm up on 56, down on 78**  
 R shoulder roll forward, back – 12  
 Both shoulders roll forward, shift weight to R at R diagonal – 3  
 Both shoulders roll back, kick L foot – 4  
 L shoulder roll forward, back – 56  
 Both shoulders roll forward, shift weight to L at L diagonal – 7  
 Both shoulders roll back, kick R foot – 8  
 Bend at the waist and roll shoulders forward RL – 12  
 Tuck butt under (with optional level change down) and roll shoulders back LR – 34  
 Stick butt out again (with optional level change up) and roll shoulders forward RL – 56  
 Straighten up and roll shoulders back RL – 78  
 Step back with R foot and lift rib cage - &  
 Rib cage drop, pelvic drop – 12  
 2 pelvic drops, bring hands to L cheek – 34  
 Afata RBLF – 5678  
 L headache arm with omis up, center, down, center (level change) – 1234  
 Back to ¾ 8 – 5678  
**Delta Kick (operated by Skywest) Cue: bring R arm out to side, then L arm**

3 beat kick R, body lock to R diagonal -1234  
Shoulder rolls forward to bow -56  
Trashcan pivot to L diagonal -78  
Shoulder rolls back LRLR to upright -1234  
Showgirl R (open to front) L -56  
Omi LBRFLB with back arm wrap -78

## Maya

**Turbulence Cue: Maya RF LB, then center RL 5678**

**Maya box RF LB RB LF - 1234**

**Step out slightly with L, releve with arms up to L diag – 5**

**Up to down undulation with half level – 6**

**Pivot to R diagonal - &**

**Hip lifts LRL with level change up and arms pushing down 7&8**

**R shoulder roll forward to half level L diagonal - 12**

**L shoulder roll forward to full level R diagonal - 34**

**Rib cage circle CCW to ¼ level, CW to ½ level – 5678**

**Rib cage circle CCW to upright – 12**

**Up to down undulation – 34**

**L diag roll down, R diag roll down – 5678**

## Multiple Move Cues

Indigo turns *Cue: Out of Basic Egyptian, Arabic, high ghawazee, arms drop behind head, elbows bent*

Four 2 point turns using leading foot, first two with arms out at shoulder height, second two with back arm up, front arm out at shoulder height (arms traveling out to shoulder height come in during the turn and move out when placing foot forward), return to original move and arm position

Indian Swivel *Cue: from Ghawazee, Ganesha, hands into kitakamuka*

R lotus floreo with R hip roll down to up, R hip bumps x2 – 1234

L lotus floreo with L hip roll down to up, L hip bumps x2 – 5678

Tilt arms down to R x2 – 12

L arm up to diagonal into lotus - 34

Thread R arm behind L and turn CCW to face front, kitakamuka S frame with R arm up – 5678

Indian swivel step R x2 – count of 8

Box step x2 with figure 8 arms – count of 8 –

End in Basic E

Classical Wrap *Cue: out of Arabic, Basic E, High Ghawazee, grab first two fingers of R hand with L fist (“Indian 5<sup>th</sup>”)*

Double hip bump R, double hip bump L with arms overhead - 1234

Repeat hip bumps with arms at shoulder height – 5678

Pull L knee up and wrap L leg around back to land with ball of foot at back R corner, hands curl into lotus and then L arm wraps around front of body while R arms wraps overhead – 1234

4 headslides L – 5678

Pull L knee up and step L in front, Persian arms with L, repeat step on R and Persian arm R – 1234

Pull L knee up and step L heel out to L side, Pharonic fountain arms (pataka, then dola) – 5678

Shift weight to L side, bringing arms into Indian 5<sup>th</sup> – 1234

Double hip bump R, double hip bump L with Indian 5<sup>th</sup> arms – 5678

End in Basic E

Lotus *Cue: out of Ghawazee, Ganesha, Arabic, ¾ 8, R umbrella arm*

R lotus with R heel x2, R lotus with arm circle, 2 traveling bumps R w/ Indian 5<sup>th</sup> – 8 cnt

L lotus with L heel x2, L lotus with arm circle, 2 traveling bumps L w/ Indian 5<sup>th</sup> – 8 cnt

2 small squats jumps with L hand lotus (in=down, out=up) RL, hansasya with pizza hands figure 8 in by waist, then back, then out/up toward head going back, out and around, end in Basic E

**Polynesian Punch Cue: Hands to small of back out of Ghawazee, Arabic,  $\frac{3}{4}$  8**

**Ball stomp RL with rib cage circle CCW, repeat – 8 cnt**

**Repeat but double speed – 1234**

**R foot and R arm (straight with palm flat to side) out to R – 5**

**R hip bump and look R – 6**

**2 CW omis with emphasis in back – 78**

**Polynesian hip sway LR (step L touch R, step R touch L), bringing R arm down to back of R hip – 1234**

**4 CW omis with level change down, up – 5678**

**Into Ghawazee**

**Lightbulb Cue: Out of Ghawazee, Arabic,  $\frac{3}{4}$  8, bring hands out to “lightbulb”**

**Step R, touch L heel, lightbulb RL - 12**

**Step L, touch R heel, Bhangra arms down L, down R – 34**

**Step R, touch L heel, lightbulb RL - 56**

**Step L, touch R heel, Bhangra arms down L, down R – 78**

**Punjabi Jumping Jacks with arms down, then up – 1234**

**Jump to cross L behind R, turn CW to back – 56**

**Bhangra arms over R shoulder – 78**

**Bhangra arms over L shoulder – 12**

**Cross R in front of L to turn CW to front – 34**

**Lotus RLRL - 5678**

**Bollychop Cue: Diagonal airplane arms (R arm down) out of Ganesha, Arabic, Ghawazee**

**Cross with heel touch to the R, L, R, L, arms at a diagonal down to the RLRL – 8 counts**

**Kick R leg x4 around in CCW circle, flash hands (L by head, R by hip) to face stage L - 1234**

**Bump R hip back x2 stepping RLR - arms push to forward up diagonal, bump R hip forward x2 stepping RLR – arms down with bhangra shoulders and rib cage lift - 5678**

**Punjabi jumping jacks with diagonal R arm slice (arm down when feet are out) x4 - 1234**

**Jump to face center - &**

**Level change down – 5**

**Level change up with lotus arms out LRL – 678**

**End in High Ghawazee**

**Just Let Go Cue: Out of  $\frac{3}{4}$  8 or Ghawazee, bring L and then R arm to boxer**

**Down to up undulation leading with R hip to R diagonal, up to down undulation with weight on R, down to up undulation with L hip to L diagonal, up to down undulation with weight on L (count of 8)**

**R foot goes: heel (bring L arm up to boxer with L shoulder thrust), toe (bring R arm up to boxer with R shoulder thrust), heel (L shoulder thrust), toe (R shoulder thrust) scootching toward center - 1234**

**R shoulder: drop, lift, drop – 5&6**

**Open arms to low v, lift rib cage – 7**

**Rib cage drop – 8**

**CCW rib cage circle, bring hands to belt – 12**

**3 CCW rib cage circles tilted up to R – step out L, cross behind R, step out L – 345678**

**CW rib cage circle tilted up to L, step R, touch L – 12**

**CCW rib cage circle tilted up to R, step L, touch R – 34**

**CW 3 step turn stepping RLR (R ends up bent in lunge toward R diagonal) – 5678**

**Bring L arm up to boxer with down to up undulation leading with R hip – 12**

**Bring R arm up to boxer with down to up undulation center (which is L diagonal) – 34**  
**Backward hip 8 bent at waist (5678)**  
**Step out with L foot and face center, arms low V, CCW rib cage crescent to front – 1234**  
**Right shoulder down, up, down - 5&6**  
**Hop to cross R foot in front of L, then hop again to put weight onto R foot, L heel on ground – 78**  
**Sweetie pie ½ grapevine to the R, then to the L – count of 8**  
**Tootsie in with R, Tootsie in with L – count of 8**

Siren *Cue: T-rex floreo*

Wrists dip down and then go to right, widen feet into wide stance, wrists dip down, plie, then lift wrists back up to right and level change up slightly, wrists dip down, level change down, wrists go to left, level change up slightly, Then place left hand on left thigh and do a deep torso circle forward (flat back in the center) from left to right, as you come right, place right arm on right thigh, stand up, then lift left shoulder, arms back to T-rex, and slide right foot in to normal stance

Gemini *Cue: Bring one arm at hip, one at shoulder height, bring arm at shoulder height up*

As front arm drops, back partner moves forward, and front partner moves left leg out (back partner's inside leg should be directly behind partner's center) Reach right arm forward, left arm left, right arm forward, left arm left, then perform CW tornado turn cue and combo, taking care to step back out into wide stance

Undulation/belly roll *Cue: one hand moves to hip, one arm forward at shoulder height*

Tribal up to down undulation, followed by up to down belly roll, repeat

Layback *Cue: Out of Undulation/belly roll, floreo hand that is at shoulder height*

Slow layback, keep head level

Snake arms *Cue: Begin snake arms on R down*

CW Tornado turn

Hands meet on right side of the rib cage, left palm on top of the back of the right hand, take weight off of left foot and bring left toe in, hands pull apart with left going down, cross left foot over right and pivot around to face forward, then torso circle left to right

CCW Tornado turn

Hands meet on the left side of the rib cage, right palm on top of the back of the left hand, take weight off of right foot and bring right toe in, hands pull apart with right going down, cross right foot over left and pivot around to face left diagonal, then layback bring right arm up and left arm down – all the weight is in the right leg, left leg is in front, keep head in line with spine

S arms

Snake arms: right arm up, then left, then right arm circles up and behind head, left arm down and up to chest level, floreo both hands, then right arm down, left arm down, then left arm circles up and behind head, right arm down and up to chest level, floreo, then left arm down, then right, then (with half turn CW) right arm circles up and behind head, left arm down and up to chest level, floreo both hands, then right arm down, left arm down, right arm down, then left arm down (with half turn CW) right arm circles up and behind head, left arm down and up to chest level, floreo both hands

Rib cage figure 8s

Down to up vertical rib cage figure 8s, hands on hips, look away from the direction your rib cage is traveling

Sidewinder

Down to up vertical upper body figure 8s with shallow round snake arms

Other notes:

Use a vocal cue to get your followers attention if you need to end a movement in an unexpected place