

Awel Mara

(Artist: Elissa, Album: Halet Hob)

Introduction [0:00]

- Walking on to stage in a relaxed way
 - Belly out, in, out, in whilst shifting weight R [Placed arms]
 - Twist fwd, back, fwd, back with weight on R [Placed arms]
 - Belly out, in, out, in whilst shifting weight L [Placed arms]
 - Twist fwd, back, fwd, back with weight on L [Placed arms]
 - Cross over turn to L (with R leg lift) [Arms up, pushing down]
 - Pose lifted [Arms up]
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Instrumental [0:24]

- Step fwd R,L,R (sink and sweep L round), Step L,R,L (sink and sweep R round), Step R,L,R... and... Taq backwards L,R,L...and... [Relaxed floating arms]
 - R hip fwd, Twist fwd on Rx4, Twist back on Rx2, Turn on spot to L over 3 [Relaxed diagonal arms]
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Verse 1 [0:38]

- Horiz 8 starting on R, L, R, L,R,L,R [Relaxed floating arms]
 - Rollercoaster 8 starting on R, L, R, L,R,L,R [Lifting arms]
 - Horiz 8 starting on R, L, R, L,R,L,R (heel bounce except last R) [Relaxed floating arms]
 - Rollercoaster 8 starting on R, L, R, L,R,L,R [Pushing down arms]
 - Shoulder roll [Relaxed floating arms]
 - Step onto R, leg sweep L, turn L [Circle arms up and out]
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Instrumental [1:15]

- Moving around stage, mingling with each other – Relaxed steps, any pattern you like
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Verse 2 [1:30]

- Horizontal hip movements – remember to use body angles and communicate happy, relaxed feeling
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Chorus [1:58]

- Hip drop on R fwd, middle, back, sweep inside round track x3, reverse turn to L [Relaxed placed R arm, L hand to head]
- Hip drop on L fwd, middle, back, sweep inside round track x3, reverse turn to R [Relaxed placed L arm, R hand to head]

- Shoulder roll [Relaxed floating arms]
 - Step onto L, leg sweep R, turn R [Circle arms up and out]
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Instrumental [2:19]

- *With shoulder shimmy:* Step fwd L,R,L (sink and sweep R round), Step R,L,R (sink and sweep L round), Step L,R,L... and... Taq backwards R,L,R...and... [Relaxed floating arms]
 - *L hip fwd,* Twist fwd on Lx4, Twist back on Lx2, Turn on spot to R over 3 [Relaxed diagonal arms]
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Verse 3 [2:33]

- *Vertical hip movements – remember to use body angles and communicate happy, but slightly more intense feeling*
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Chorus [3:02]

- Hip drop on R fwd, middle, back, sweep inside round track x3, reverse turn to L [Relaxed placed R arm, L hand to head]
 - Hip drop on L fwd, middle, back, sweep inside round track x3, reverse turn to R [Relaxed placed L arm, R hand to head]
 - Shoulder roll stepping fwd x3[Relaxed floating arms]
 - Step back onto L, leg lift R, step R, turn L [Circle arms up and out]
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Instrumental [3:23]

- *Moving around stage, mingling with each other, including turns – Relaxed steps, any pattern you like*
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Verse [3:37]

- *Any hip movements – really small and defined. Remember to use body angles and communicate uplifted but intense feeling*
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Chorus [4:05]

- Hip drop on R fwd, middle, back, sweep inside round track x3, reverse turn to L [Relaxed placed R arm, L hand to head]
 - Hip drop on L fwd, middle, back, sweep inside round track x3, reverse turn to R [Relaxed placed L arm, R hand to head]
 - Shoulder roll [Low arms]
 - Break to R
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Verse 1 refrain [4:25]

- Horiz 8 starting on R, L, R, L,R,L,R [Relaxed floating arms] – *facing partner*
- Rollercoaster 8 starting on R, L, R, L,R,L,R [Lifting arms] - *facing partner*
- Horiz 8 starting on R, L, R, L,R,L,R (heel bounce except last R) [Relaxed floating arms] – *facing front*
- Rollercoaster 8 starting on R, L, R, L,R,L,R [Pushing down arms] – *facing front*
- Shoulder roll [Relaxed floating arms]
- Step onto R, leg sweep L, turn L [Circle arms up and out]
- Cross over turn to L (with R leg lift) [Arms up, pushing down]
- Pose lifted [Arms up]

Dancers who have attended Claire's Improver Level classes in Jesmond Summer 2016, are welcome to perform this choreography, as long as it is appropriately credited. Please contact Claire at claire@bellydances.co.uk if you would like any more information.
