

Techno

(Choreography to: "Batwannis Beek" Artist: The REG Project, Album: The REG Project, as downloaded from iTunes*)

**NB – This track is incorrectly labelled on iTunes – original is called "Zay El Hawa", but download the version above to get the correct mix, as there are several out there!*

Introduction [0:00]

[Start facing back, arms out]

- Twist as shifting weight to R, twist as shifting weight to L, twist as shifting weight to R, shoulder shimmy as looking over L shoulder to audience and back
 - Twist as shifting weight to L, twist as shifting weight to R, twist as shifting weight to L, shoulder shimmy as looking over R shoulder to audience and back
 - Hip drop release on R x8 turning side on [R arm out in front, L arm high]
 - Wriggley circles x8 turning to R *to face front*

 - Slow horizontal 8s x2 starting to R [Arms up, R arm tracing down side, L arm out]
 - Hit R, Hit L, Hit R, Hit L, Taq R,L,R,L, shimmy, step back on R with belly pull
 - Belly pop, belly pull, pop, pull,pop,pull (and prepare)
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Drums [1:00]

- Hip drop release on R (2 loose, 2 tight, 2 loose, 2 tight), Hip drop release on L (2 loose, 2 tight, 2 loose), crossover turn to R
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Theme 1 [1:15]

- *Facing front:* pause and twist-twist, pause and belly in-out, pause and chest up-down, Shoulder roll with arms down whilst turning to R diagonal
 - *Facing R diag:* pause and chest up-down, pause and belly in-out, pause and twist-twist, Shoulder roll with arms out whilst turning to L diagonal
 - *Facing L diag:* pause and twist-twist, pause and belly in-out, pause and chest up-down, Shoulder roll with arms pushing down and knee dip looking forward
 - *Turn to face front:* pause and chest up-down, pause and belly in-out, pause and twist-twist, crossover step to L
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Drums [1:45]

- *Facing R side, R foot flat, L heel raised:* Shimmy on back leg, then push up and down
 - *Facing L side, L foot flat, R heel raised:* Shimmy on back leg, then push up and down
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Theme 1 [2:00]

- *Facing front travelling fwd:* Step L, place R and twist-twist, Step R, place L and belly in-out, Step L, place R and chest up-down, Shoulder roll with arms down
- *Facing front travelling back:* Step R, place L and chest up-down, Step L, place R and belly in-out, Step R, place L and twist-twist, Shoulder roll with arms out whilst turning to R diagonal

- *Facing R diag travelling to diag:* Step L, place R and twist-twist, Step R, place L and belly in-out, Step L, place R and chest up-down, Shoulder roll with arms pushing down travelling back
 - *Facing L diag travelling to diag:* Step L, place R and chest up-down, Step R, place L and belly in-out, Step L, place R and twist-twist, turn over 3 to R back to centre
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Drums [2:31]

- Hip drop release on R (2 loose, 2 tight, 2 loose, 2 tight), Hip drop release on L (2 loose, 2 tight, 2 loose, 2 tight)
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Theme 2 [2:45]

- Horseshoe step to L (R foot cross forward, L side, R back) hip drop
 - Horseshoe step to R (L foot cross forward, R side, L back) hip drop with R foot raised
 - Horseshoe step to L (R foot cross forward, L side, R back) hip drop
 - Horseshoe step to R (L foot cross forward, R side, L back) hip drop with R foot raised
 - Horizontal 8 starting R slow, slow, quick,quick,quick
 - Horizontal 8 starting L slow, slow, quick,quick,quick
 - Slow shifting circle to R, finish weight on R
 - Earthquake shimmy on R foot into shoulder shimmy *and shift weight to L*

 - Camel to R x 4 ["L" shaped arms changing over on 3,4 count]
 - Camel to L x 4 ["L" shaped arms changing over on 3,4 count]
 - Twist to R x2, Camel to R x 2 ["L" shaped arms changing over on 3,4 count]
 - Twist to L x2, Camel to L x 2 ["L" shaped arms changing over on 3,4 count]

 - Shoulder rolls with weight on R, Shoulder rolls with weight on L
 - Shifting hip circle to R (three bounces around front only)
 - Roll up, tilting chest circle
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Drums [3:39]

- Shimmy with hip twist, Shoulder shimmy with tilt
 - Travelling backwards to R, shimmying on R back foot
 - Travelling backwards to L, shimmying on L back foot
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Theme 2 [3:54]

- Horseshoe step to L (R foot cross forward, L side, R back) hip drop
- Horseshoe step to R (L foot cross forward, R side, L back) hip drop with R foot raised
- Horseshoe step to L (R foot cross forward, L side, R back) hip drop
- Horseshoe step to R (L foot cross forward, R side, L back) hip drop with R foot raised
- Horizontal 8 starting R slow, slow, quick,quick,quick
- Horizontal 8 starting L slow, slow, quick,quick,quick
- Slow shifting circle to R, finish weight on R
- Belly pop out in out in out in in in in in in

- Camel to R x 4 ["L" shaped arms changing over on 3,4 count]
- Camel to L x 4 ["L" shaped arms changing over on 3,4 count]
- Twist to R x2, Camel to R x 2 ["L" shaped arms changing over on 3,4 count]
- Twist to L x2, Camel to L x 2 ["L" shaped arms changing over on 3,4 count]

- Pose

Dancers who have attended Claire's Open Level classes in West Moor, Team Valley or Durham, 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.

