

## Assim Sharki Balady (Gizira Band – Balady Plus)

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### 0:00 - Introduction

- (Start facing back, placed arms, looking ahead)
  - *To accordion*: Single figure 8, pause, look back over L shoulder and shoulder roll, pause, flat circle to L turning to front, pause, camel, pause
  - *To taqs*: Double hip drops on L hip, pause, shoulder hits, turn to back, double heel bounce still looking over L shoulder, turn to face L front diagonal
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### 0:23 – Theme 1

- Pause on first beat
  - Hip drops on R leg (drop lift, lift, kick, lift) x4
  - Swerves to front R diag (emphasis on R hip) x4, swerves to back L diag (emphasis on R)
  - Swerves in circle clockwise (emphasis on R hip) x6, and circle to face front
  - Shimmy on R leg, shoulder shimmy in circle
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### 0:49 - Instrumental

- Shimmy w shift to R,L,R,L, Step back R, stomach pull x3, double drop on L
  - Shimmy w shift to L,R,L,R Step back L, stomach pull x3, double drop on R
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### 0:59 - Theme 2

- Travelling circles to R x2, shoulder shimmy
  - Travelling circles to L x2, shoulder shimmy
  - Face L front diag, wriggley circles x2, pause, repeat x2, pause, wriggley circles continue
  - Shimmy on R leg, shoulder shimmy in circle
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### 1:25 - Theme 1

- Hip drops on L leg (drop lift, lift, kick, lift) x4 (facing R front diag)
  - Swerves to front L diag (emphasis on L hip) x4, swerves to back R diag (emphasis on L)
  - Swerves in circle anti-clockwise (emphasis on L hip) x6, and circle to face front
  - Shoulder shimmy, bouncing flat circle to R
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### 1:51 - Instrumental

- Flat horizontal R,L,R, L,R,L, flat circle L to R, R,L,R
  - Flat horizontal L,R,L, R,L,R, flat circle R to L, L,R,L
  - Walk with shoulder shimmy to partner
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### 2:23 – Reprise of Intro

- **As** dance to accordion, pause on hits, **Bs** pause on accordion, answer on hits
  - **Bs** dance to accordion, pause on hits, **As** pause on accordion, answer on hits
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### 2:44 - Theme 2

- Face partner
  - Travelling circles to R x2, shoulder shimmy (ie one to front, one to back)
  - Travelling circles to L x2, shoulder shimmy (ie back to face each other)
  - Face front diags, wriggley circles x2, pause, repeat x2, pause, wriggley circles continue
  - Shoulder shimmy and walk to front, bouncing flat circle to R
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**3:10 – Theme 1**

- Hip drop on L leg (drop lift, lift, step back, lift R hip) repeat on R, L, R
  - Swerves to R (emphasis on R hip) x8
  - Swerves to L x4 then circle anti-clockwise (emphasis on L hip) x4,
  - Shimmy on R leg, shoulder shimmy in circle
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**3:36 - Instrumental**

- Flat horizontal R,L,R, L,R,L, flat circle L to R, R,L,R
  - Flat horizontal L,R,L, R,L,R, flat circle R to L, L,R,L
  - Walk with shoulder shimmy As forwards, Bs backwards x 4
  - Walk with shoulder shimmy Bs forwards, As backwards x 4
  - Walk with shoulder shimmy As forwards, Bs backwards x 4
  - Walk with shoulder shimmy Bs forwards, As backwards x 4
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**3:57 – Reprise of Intro**

- Improvise (4 No. accordions, or 3 double taqs)
  - Pose to finish
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