

# Lamset Id (Nancy Ajram)

(Album: Betfakar Fi Eih)

	Steps	Fans
0:00	<ul style="list-style-type: none"><li>- Shimmy on "rustle" sound</li><li>- Inward/Rollercoaster 8 starting R (slow, quick, quick, slow)</li><li>- Crossover step L over R to face stage L, lunge fwd/back</li><li>- Camel x4</li><li>- Turn L to face R diag</li></ul>	<ul style="list-style-type: none"><li>- Behind back</li><li>- Reach forward R fan flat, L palm fwd (fan pointing to stage L)</li><li>- R hand to stomach, L into back</li></ul>
0:38	<ul style="list-style-type: none"><li>- Turn over 3 to R diag, face diag</li><li>- Sway L, R</li><li>- Step back L, R L and lift R leg in front</li><li>- Step back R, fwd L, together</li><li>- Step R and lift on toes, tuck L foot and ease down</li><li>- Step L, R, leg sweep L, repeat R, repeat L</li></ul>	<ul style="list-style-type: none"><li>- R hand to stomach, L into back</li><li>- Wave fans across body</li><li>- L arm in front, R to side (90°)</li><li>- R arm in front, L to side (90°) and down</li><li>- Arms up and clack back of wrists, ease down</li><li>- Pivot foot arm up, other out in front with wrist turns</li></ul>
1:02	<ul style="list-style-type: none"><li>- Camel facing stage L, fan bum x2</li><li>- Pivot turn R over L to back</li><li>- Camel facing stage R, fan face x2</li><li>- Turn on spot for 8 count to L</li><li>- Walk to new position</li></ul>	<ul style="list-style-type: none"><li>- L arm high, R behind fan bum</li><li>- R arm behind bum, L fan face</li><li>- L hand to heart, R out fan pointing up</li></ul>
1:23	<ul style="list-style-type: none"><li>- Hip drop lift, drop drop, lift on R, facing stage L</li><li>- Repeat</li><li>- Repeat</li><li>- Repeat</li><li>- Figure 8s to face front</li></ul>	<ul style="list-style-type: none"><li>- Hands behind bum...lift L arm up</li><li>- ....Lift R arm up</li><li>- ...wave R hand down</li><li>- Keep L arm up, R in front of hip</li><li>- Bring both hands in front</li></ul>
1:40	<ul style="list-style-type: none"><li>- Grapevine to R (cross L in front, dip back, toes front)</li><li>- Shoulder roll</li><li>- Turn over 3 L back to position</li><li>- Bend L knee, extent R foot to side, lean out to foot and come up, then bring foot in</li><li>- Step R and lift on toes, tuck L foot and ease down</li><li>- Step L, R, leg sweep L, repeat R, repeat L (travel to new position, see )</li></ul>	<ul style="list-style-type: none"><li>- Circles out and up in big circle, down middle (arms going down on dip, highest on lifted toes)</li><li>- Wave fans across body</li><li>- Bring arms across front of body</li><li>- R arm up in slow arc, then L</li><li>- Arms up and clack back of wrists, ease down</li><li>- Pivot foot arm up, other out in front with wrist turns</li></ul>

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**2:15**

- Step push (R foot first) x 4
  - Break to R
  - Step R and lift on toes, tuck L foot and ease down
  - Step L, R, leg sweep L, repeat R, repeat L
- Clam shell, L above head, R across chest, then bring L hand down "m" under chin
  - Hands steady in "m" under chin, quiver fans on back of break
  - Arms up and clack back of wrists, ease down
  - Pivot foot arm up, other out in front with wrist turns

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**2:38**

- Camel facing stage L, fan bum x2
  - Pivot turn R over L to back
  - Camel facing stage R, fan face x2
  - Turn on spot for 8 count to L
  - Walk to new position
- L arm high, R behind fan bum
  - R arm behind bum, L fan face
  - L hand to heart, R out fan pointing up

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**2:59**

- Figures of 8 starting R
- Lift L palm up to ceiling, then push down by side, focus up then down to side

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**3:13**

- Step R and lift on toes, tuck L foot and ease down
  - Step L, R, leg sweep L, repeat R, repeat L
- Arms up and clack back of wrists, ease down
  - Pivot foot arm behind back, other out in front with wrist turns

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**3:22**

- Step push (R foot first) x 4
  - Break to R
  - Step back on R, lift L leg in front
  - Step L, R, leg sweep L, repeat R, repeat L (travel to new position)
  - Turn to finishing position and pose
- Clam shell, L above head, R across chest, then bring L hand down "m" under chin
  - Hands steady in "m" under chin, quiver fans on back of break
  - Arms up and clack back of wrists, ease down
  - Pivot foot arm behind back, other pushing down past belly with wrist turn
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