



Choreographed dance to
Asiā Breaks
Jim Pavloff (staged for one direction)
by **DIOSA**
MIDDLE EASTERN Belly Dance
Instructor and Performer
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- 0:00 4-8 cts Get into place (talk on stage), face stage R or L
0:14 8 ct L hip circles towards the audience, hands behind tush
8 ct hip circles to the right facing audience, genie arms
8 ct hip circles to the left, Elle arms to the L
R arm to R, L arm to L Hip. R arm to R hip, accent with
matching hip lifts R/L/R, CW omi
0:29 8 ct CW hip circles CW circling self. Hands lift up to ears,
face away from audience
A 8 ct continue hip circles, hands hold at ears, face audience
8 ct, go CCW, hands cross front and lift up to ears, face
away from audience
8 ct, continue hip circles, hands hold at ears, face audience
0:44 8 ct double R hip ups to F/B/F/B
8 ct single R hip ups F/B/F/B
8 ct crossovers towards audience, L foot out first, hands in
6 ct crossovers away from audience, spin CCW on 7/8 ct
0:59 8 ct double L hip ups to F/B/F/B
8 ct single L hip ups F/B/F/B
8 ct crossovers towards audience, R foot out first, hands in
6 ct crossovers away from audience, spin CW on 7/8 ct
1:14 8 ct hip circles CW circling Tree Trunk. Hands lift up to
ears, face away from audience
A 8 ct continue hip circles, hands hold at ears, face audience
8 ct, go CCW, hands cross front and lift up to ears, face
away from audience
8 ct, continue hip circles, hands hold at ears, face audience

- 1:29 8 ct snake arms level change down
8 ct snake arms level change up
B 8 ct reach R/L/R/L
8 ct Washtub
1:44 16 ct, Tribal Boxwalk with genie arms, begin with RHip to
FR, then 180° LHip to BL
C 12 ct, continue Tribal Boxwalk with Seaweed arms, spin
CCW on 13 ct (5 ct)
2:00 Hands come together in Hindu arms
8 ct level change down, Hindu head slides to beats
8 ct level change up, Hindu head slides to beats
8 ct, hands come down to ears, CCW chest circles
8 ct, CW chest circles
2:14 8 ct, double hip lifts start on R, move towards audience,
arms crossing in front to ears
D 8 ct, pivot turn on R, hands hold at ears
8 ct, double hip lifts start on L, move away from audience,
arms crossing in front to ears
8 ct, pivot turn on L, hands hold at ears
2:29 16 ct, double chest rolls, R/L/R/L
8 ct, R arm out, L arm out, chest lift R, chest lift L
8 ct, shoulder pops R/L/R, shimmy
2:45 8 ct Egyptian Hip Twist walk toward audience
8 ct Hip Twist 4-pt turn to L with R foot first
8 ct Egyptian Hip Twist walk away from audience
8 ct Hip Twist 4-pt turn to R with L foot first
3:00 8 ct, Tribal Elle Switch, double R hip lifts, hold on 7/8
8 ct, repeat, hip roll to other side on 7/8
8 ct, Tribal Elle Switch, double L hip lifts, hold on 7/8
8 ct, repeat, hip roll to other side on 7/8
3:15 repeat **B**
3:30 repeat **C**
3:45 repeat **D**
4:00 4 ct end pose, 4 ct end pose
4 ct end pose 4 ct end pose
on the gong-Prayer hands, bow