



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