

Ya Alam

This is a choreography by Ziva Emtiyaz that takes dance moves from the Sa'idi people and Raqs al Sharqui.

Pronunciation: YAH ah-LAHM

Music: 4/4 meter *Dance with Ziva Emtiyaz 2013 Middle Eastern Music Mix, Track 2.*

Formation: Individuals

<u>Meas.</u>	<u>Footwork</u>	<u>Arms</u>
	<u>INTRODUCTION.</u> (Instrumental)	
1-7	Shimmy.	Snake arms.
1-4	Shift wt R. Hip bump R twice. Shift wt L. Hip bump L twice. Shift wt R. Hip bump R twice. Two chest lifts.	R arm out to side, L arm up. L arm out to side, R arm up. R arm out to side, L arm up. Arms at sides for chest lift.
5-8	Repeat meas 1-4 with opp ftwk.	
1-4	I. 3 drop-kicks on R hip, drop-switch. 4 drop kicks on L hip.	Arms frame high and low.
1-2	II. Exterior hip circle. (Big Ridiculous) to R fwd, to back, to L back	Sweep in. Sweep out.
1-4	III. Shimmy.	Arms sway above to R and L, R arm out, L to head.
1-5	IV. Side sweep with heel drop (R and L) for a total of five on each side.	Arms at sides.
1-8	V. Tush push four times to R. Tush push four times to L. Repeat.	Arms push in the direction of travel.
1-8	VI. Tush push four times to R. Step-touch fwd four times beg L. Tush push four times to L. Step-touch bkwd four times beg R.	Open twd traveling side. Hand to head of stepping foot for cross-touch.
1	Finale Shimmy, pose.	Arms sway R, L, R arm out, L arm to head.

Sequence:

Introduction.

Fig I, Fig II, Fig III, Fig IV, Fig V, Fig VI.

Fig I, Fig IV (only four meas), Fig II, Fig III, Fig IV, Fig V, Fig VI,

Fig I, Fig IV (only four meas), Fig II, Finale

Presented by Ziva Emtiyaz