



MIDDLE EASTERN BELLY DANCE



With **Shelley Lozano**
International Entertainer & Belly Dance Tutor
For Mirthy Class via Zoom

ROUTINE 1©

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Steps: Hip Thrusts in different directions **Camel walks and Fwd & Side step**

(Count 5 in to music):

Basic Hip Thrust X4 (alternate sides on the spot)

Alternate Hip Thrust forwards X4 (R,L,R,L)

Alternate Hip Thrust backwards X4

Alternate Hip Thrust diagonal right X4

Alternate Hip Thrust diagonal left X4

Alternate Hip Thrust turning anti-clockwise X4 (R,L,R,L)

Camel Walk X2 Right side / X2 Left side. Rpt.

Fwd & Side step X2 R / X2 L

Right Hip Thrust Pivott anti-clockwise X4

Hip Thrust Side step X2 R / Hip Thrust side step X2 L

Basic Hip Thrust X2

Turn L, bring R & L arm up, take a bow, both arms up to finish!