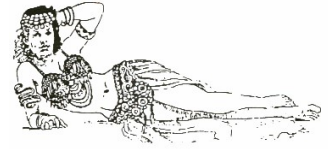


# **MIDDLE EASTERN BELLY DANCE**



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## **ROUTINE 7**©

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### **Intro: Count 8 in**

X4 Alt Hip Thrust to R Diag, X4 Alt Hip Thrust to L Diag  
X8 Alt. Hip Thrust turning Left  
X4 Alt Hip Drops backwards

**X2 Camel Walk to R side, X2 Camels to L side, Rpt.  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms fwd up to eyes**

**X2 Camel Walk to R side, X2 Camels to L side, Rpt.  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms fwd up to eyes**

X4 Alt Hip Thrust to R Diag, X4 Alt Hip Thrust to L Diag  
X8 Alt. Hip Thrust turning L  
Fwd Fig 8 into fwd Hip Circle, Rpt.  
2 Camels Diag R, 2 Camels Diag L, Rpt. (Hula hands)  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms fwd up to eyes

**X2 Camel Walk to R side, X2 Camels to L, Rpt.**

X4 Alt Hip Thrust to R Diag, X4 Alt Hip Thrust to L Diag  
X8 Alt. Hip Thrust turning L  
Half Fwd Fig 8 into fwd Hip Circle, Rpt.  
2 Camels Diag R, 2 Camels Diag L, Rpt. (Hula hands)  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms fwd up to eyes

**X2 Camel Walk R side, X2 Camels L side, Rpt.  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms fwd up to eyes**

**X2 Camel Walk R side, X2 Camels L side, Rpt.  
X4 Hip Flicks Fwd/Back Diag. R, X4 Hip Flicks Fwd/Back Diag. L  
Both arms up to L, Double Drop, Both arms up and Finish**