

Al Sahid

Artist: Knossos

Album: *Dark Light in the Wake of Silence*

Choreography: Nayana

the **SOUL** studio
thesoulstudio.net



Combo A (fast, 1-2-3-4-5-6-7-8)

Start with arms Rounded Framing Hips (center).

1-8: Hold

1-8: Up/Down Shimmy

1-6: Up/Down Shimmy with R Arm Sweep (rest R pointer finger along R side of chin).

7-8: Head Slide L-R. Return arms to Rounded Framing Hips (center).

1-6: Up/Down Shimmy with L Arm Sweep (rest L pointer finger along L side of chin).

7-8: Head Slide R-L.

1-8: Arms Modified T. R Double Rock (front-center-back-center, front-center-back-center)

1-8: R Hip Bump with CCW turn. (Bump hip to audience, to side, to back stage, to side.)

1-8: R Maya Walk (x4).

1-8: L Maya Walk (x4).

1-8: CCW Rib Rotation (x2). CCW Oomi (x2).

1-4: R Double Rock (front-center-back-center).

5-8: R Hip Lift Ronde de Jambe (front-side-back, step back).

1-4: L Double Rock (front-center-back-center).

5-8: L Hip Lift Ronde de Jambe (front-side-back, step back).

1-4: R Double Rock (front-center-back-center).

5-8: R Hip Lift Ronde de Jambe (front-side-back, weight center).

Combo B (slow, 1&2&3&4&5&6&7&8)

1-4: 1&2: R Isis Arm

3&4: L Isis Arm

5-8: 5&6: CCW Rib Rotation

7&8: CCW Oomi

1-4: 1&2: L Hip C Vertical Up (scoop)

3&4: R Hip C Vertical Up (scoop)

5-8: 5&6: R Hip C Horizontal Front to Back

7&8: L Hip C Horizontal Front to Back

1-8: 1&2&3&4: R Traveling Hip Circle (x2).

5&6&7&8: L Traveling Hip Circle (x2)

1-8: R Traveling Hip Circle (x4) in a CW circle.

Repeat Combo A

Combo C

*continue Double Rock and Hip Lift Ronde de Jambe combo

1-4: L Double Rock (front-center-back-center)

5-8: L Hip Lift Ronde de Jambe (front-side-back, weight center)

1-8: R Hip Drop-Drop, Lift-Lift, Drop-Drop, Lift-Lift

1-4: R Double Rock (front-center-back-center).

5-8: R Hip Lift Ronde de Jambe (front-side-back, step back).

1-4: L Double Rock (front-center-back-center)

5-8: L Hip Lift Ronde de Jambe (front-side-back, weight center)

Repeat Combo B

Repeat Combo A