

## Ancient Ruins

Artist: Issam Houshan

Album: Wassan Pharao

Choreography: Nayana

the **SOUL** studio  
thesoulstudio.net



### Combo A

Start with L foot in point; weight on R.

1-16: Hold

1-4: Grapevine (cross L over R, step R to side, cross L behind R, step R to side).

5-6: Point L foot slightly front and twist L hip forward. Return L hip center.

7-8: Step L foot behind R (slightly angle body to front L corner). Drop R hip.

1-4: Grapevine (cross R over L, step L to side, cross R behind, step L to side).

5-6: Point R foot slight front and twist R hip forward. Return R hip center.

7-8: Step R foot behind L (slightly angle body to front R corner). Drop L hip.

1-4: Grapevine (cross L over R, step R to side, cross L behind R, step R to side).

5-6: Point L foot slightly front and twist L hip forward. Return L hip center.

7-8: Step L foot behind R (slightly angle body to front L corner). Drop R hip.

1-4: Grapevine (cross R over L, step L to side, cross R behind, step L to side).

5-6: Point R foot slight front and twist R hip forward. Return R hip center.

7-8: Step R foot behind L (slightly angle body to front R corner). Drop L hip.

### Combo B

1-4: Walking Hip Bumps (travel forward to R diagonal): L-R-L-R.

5-8: Rib Slide L-R-L-R.

1-4: Walking Hip Bumps (travel back): L-R-L-R.

5-8: L hip lift (x4) with while turning (1/4 turns R).

1-4: Box Step (cross L over R, step R back, step L side, R point); end facing front L diagonal.

5-8: R hip scoop and R hip drop-drop.

1-4: Walking Hip Bumps (travel forward to L diagonal): R-L-R-L.

5-8: Rib Slide R-L-R-L.

1-4: Walking Hip Bumps (travel back): R-L-R-L.

5-8: R hip lift (x4) with while turning (1/4 turns L).

1-4: Box Step (cross R over L, step L back, step R side, L point); end facing front R diagonal.

5-8: L hip scoop and L hip drop-drop.

### Combo C

1-2: Still facing front R diagonal, come up on toes, stepping slightly forward onto right foot as you press R palm down, L arm up along L side of body. Look R.

3-4: Sink into R foot as you extend L leg out to L side (point toe) while changing arms. Push onto an angle mirroring the extended left leg. Look L.

5-8: Arms Modified T. Large CCW hip circle with 1/4 turn L to face front L diagonal.

1-2: Still facing front R diagonal, come up on toes, stepping slightly forward onto right foot as you press R palm down, L arm up along L side of body. Look R.

3-4: Sink into R foot as you extend L leg out to L side (point toe) while changing arms. Push onto an angle mirroring the extended left leg. Look L.

5-8: Arms Modified T. Large CCW hip circle with turn L to face back stage.

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### **Combo D**

1-4: L Isis Arm.

5-8: R Isis Arm.

1-4: Arms Modified T. L Hip Scoop (aka Hip C Vertical Up).

5-8: Arms maintain Modified T. R Hip Scoop (aka Hip C Vertical Up).

1-4: Arms maintain Modified T. R Maya Walk, R Maya Walk with 1/2 turn (to the R) to face the audience.

5-8: Arms maintain Modified T. L Maya Walk, L Maya Walk.

1-4: Arms Rounded Framing Hips. CCW Rib Circle, CCW Rib Circle.

5-8: Arms maintain Rounded Framing Hips. Camel (rib push-lift-back, roll down stomach, sit).

### **Combo E**

1-8: One small hop and Shimmy (up/down) with Crossing Arms. End Arms Rounded Framing Hips.

1-8: R Double Rock while traveling R.

1-8: Walk forward (R-L-R-L) with Egyptian Basic.

1-4: R Pivot Bump (turn L).

5-8: Large hip circle (R-back-L-front) with heel drops.

1-8: Walk back (L-R-L-R) with Egyptian Basic.

1-4: L Pivot Bump (turn R).

5-8: Large hip circle (L-back-R-front) with heel drops.

*\*Stay tuned for additional choreography coming soon!\**