

Beni Beni

Artist: Niyaz

Album: Nine Heavens

Choreography: Nayana

the SOUL studio

thesoulstudio.net



This piece is designed to be done with a group of people in a large circle. Everyone begins facing the middle (or center, or inside) of circle. Imagine dancing around a fire or fire pit.

Combo A

Start with veil in front. Roll veil up into "stick." Hold taught, horizontal in front of body. Arms are down.

1-16: Hold

1-8: Traveling in toward each other and center of circle: Step R (2), L (4), R (6), L (8) while slowly raising arms (still holding veil). Arms V Up.

1-4: Continue traveling: Step R (2), L (4).

5-8: Let veil unroll behind back. Maintain Arms V Up.

1-4: Bow center.

5-6: Unbow.

7-8: Veil ½ Around the World (R-front). Arms Modified T (veil should be just under eye level).

Combo B

1-8: Infinity x2: R hip scoop (2), L hip scoop (4), R hip scoop (5), L hip scoop (8).

1-8: R Grapevine-8 Count (step R, L behind, step R, L front, step R, L behind, step R, L front).

While performing the grapevine, do the following with the veil:

1-2: Hold veil in front.

3-4: Veil ½ Around the World (R-behind).

5-6: Hold veil behind.

7-8: Veil ½ Around the World (L-front).

1-4: Camel Walk forward R (2), L (4).

5-8: Infinity: R hip scoop (5), L hip scoop (8).

1-4: Camel Walk back L (2), R (4).

5-8: Maya: L hip up-out-down (5), R hip up-out-down (8).

Combo C

1-2: Veil ½ Around the World (behind your body).

3-4: Turn all the way around (face out of circle) and Veil Around the World (so it is again behind your body).

5-8: R Maya Walk (R6, R8) with L Arms Focus R.

1-4: Continue R Maya Walk (R2, R4) with L Arms Focus R.

5-8: Change to L Maya Walk (L6, L8) with L Arms Focus L.

1-4: Continue L Maya Walk (L2, L4) with L Arms Focus L.

5-6: Veil ½ Around the World (in front of your body).

7-8: Turn all the way around (face into circle) and Veil ½ Around the World (so it is behind your body).

Combo D

1-4: Infinity (x2): L hip scoop (2), R hip scoop (4), L hip scoop (5), R hip scoop (8).

1-8: L Grapevine-8 Count (step L, R behind, step L, R front, step L, R behind, step L, R front).

While performing the grapevine, do the following with the veil:

1-2: Hold veil in front.

3-4: Veil ½ Around the World (L-behind).

5-6: Hold veil behind.

7-8: Veil ½ Around the World (R-front).

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- 1-4: Camel Walk forward L (2), R (4).
- 5-8: Infinity: L hip scoop (5), R hip scoop (8).
- 1-4: Camel Walk back R (2), L (4).
- 5-8: Maya: R hip up-out-down (5), L hip up-out-down (8).

Combo E

- 1-2: Veil Fly Over to Front (end by holding taught just below ribs).
- 3-4: Rib Slide R-L.
- 5-8: Slightly relax arms to veil is not as taught and it further exposes the area between ribcage and navel. -- CCW Rib Rotation (x2).

- 1-4: Traveling Hip Circle to the R (step R-together-R) and Twist L hip front with a Veil Whirlpool R.
- 5-8: Traveling Hip Circle to the L (step L-together-L) and Twist R hip front with a Veil Whirlpool L.
- 1-4: Traveling Hip Circle to the R (step R-together-R) and Twist L hip front with a Veil Whirlpool R.
- 5-8: Traveling Hip Circle to the L (step L-together-L) and Twist R hip front with a Veil Whirlpool L.

- 1-2: Unwind the veil so it is in front of the body. *Tip: You are still facing the inside of the circle.*
- 3-4: Keeping veil in the center of circle, ½ turn so you're facing outside the circle. *Tip: Mock barrel turn.*
- 5-6: Keeping veil in the center of circle, ½ turn so you're facing inside the circle again.
- 7-8: Wrap veil up on R arm. Pharos Arms R with L arm at hip so veil drapes in front.

Combo F

- 1-2: Tea Cup R: Small Step to the R with R Rib Scoop. Allow the movement to travel diagonally down to your L hip as your bring your L foot together. Your L hip will scoop.
- 3-4: Tea Cup R.
- 5-6: Tea Cup R.
- 7-8: Tea Cup R.

- 1-2: Veil Switch. Unwrap R while simultaneously wrapping up L.
- 3-4: Tea Cup L: Small Step to the L with L Rib Scoop. Allow the movement to travel diagonally down to your R hip as your bring your R foot together. Your R hip will scoop.
- 5-6: Tea Cup L.
- 7-8: Tea Cup L.

- 1-2: Tea Cup L.
- 3-4: Unwrap veil L.
- 5-8: Full Turn R (step R-L-R-L while turning to the R).

Start Over from the Beginning (half way through Combo A)

- 1-4: Bow center.
- 5-6: Unbow.
- 7-8: Veil ½ Around the World (R-front). Arms Modified T (veil should be just under eye level).

Continue with Combo B, C, D, etc.