

Nesatavo

Song: Nesatavo (slower)

Song: Milieu (faster) Artist: Beats Antique

Album: Collide

Choreography: Nayana

the SOUL studio
thesoulstudio.net



Combo A

Start with weight on L.

1-16: Hold

1-8: Arms Modified T. R Double Rock while traveling R.

1-2: Arms Rounded Framing Hips. Rib Slide R-L.*

3-4: Rib Lift-Drop.

5-6: Hip Slide R-L.

7-8: Pelvic Lift-Drop.

1-8: Arms Modified T. L Double Rock while traveling L.

1-2: Arms Rounded Framing Hips. Rib Slide L-R.

3-4: Rib Lift-Drop.

5-6: Hip Slide L-R.

7-8: Pelvic Lift-Drop.

**Modify slow Rib Slide R-L and Lift-Drop with a double set at double time 1&2&3&4 rather than 1-2-3-4.*

Combo B

1-4: L Arms (focus R). R Choo Choo to the R.

5-8: To stylize arms, bend R elbow to curve R arm in to front of body. CW Pivot Bump (to the R, end with R hip to audience).

1-4: S Arms (focus R). R Bicycle Hip (back-lift-front-drop). R Bicycle Hip (back-lift-front-drop).*

5-8: R Ronde de Jambe (glide R leg forward, side, back), step back onto R, AND drop L hip (end facing audience).

1-4: L Arms (focus L). L Choo Choo to the L.

5-8: To stylize arms, bend L elbow to curve L arm in to front of body. CCW Pivot Bump (to the L, end with L hip to audience).

1-4: S Arms (focus L). L Bicycle Hip (back-lift-front-drop). L Bicycle Hip (back-lift-front-drop).*

5-8: L Ronde de Jambe (glide L leg forward, side, back), step back onto L, AND drop R hip (end facing audience).

**Modify with one slow rather than two quick R Bicycle Hip.*

Combo C

1-8: Arms Modified T. R Double Rock while traveling R.

1-4: Roll R shoulder front. Roll L shoulder front. Roll both back. Roll both front.

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

1-8: Arms Modified T. L Double Rock while traveling L.

1-4: Roll L shoulder front. Roll R shoulder front. Roll both back. Roll both front.

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

1-8: Twist Shimmy.

1-8: Twist Shimmy.

Return to beginning and repeat.