

Leyla Najma's Hip Philosophy

Down/up/out-Twist back/twist back

Right Hip

(Arms are to the side or one arm behind head and the other out to the front)

Weight is on left leg and right leg is posed.

Right hip drops/lifts/drops with the right leg extend out in front

(Think of pistons for the first two drop/lifts and for the second drop remember you still need to piston down but it feels different because your leg is out)

Put your weight on your right foot and twist back with the right hip.

Put your weight on your left foot and twist back with the right hip.

(Think of a prize fighter moving forward and back with his weight from one foot to the other)

#1

Turn to the left keeping your weight on your left leg. (Think of a paddle turn keeping the weight on one leg while the other pushes off)

Right hip down/up/out-twist back/twist back

#2

Turn to left keeping your weight on your left leg.

Right down/up/out-twist back/twist back

#3

Turn to left keeping your weight on your left leg.

Right down/up/out-twist back/twist back

#4

Turn to left keeping your weight on your left leg.

Right down/up/out-twist back/twist back

Leyla Najma's Hip Philosophy

You will end up facing the audience again. **Alternate left side**

Zoheir Pistons/Forward-Back Thrusts/Opposition Hips

Right Hip

(Arms are to the side with the Zoheir positioning)

Right hip piston up/down

Left hip piston down/up

Right hip forward thrust

Left hip forward thrust

Right hip back thrust

Left hip back thrust

Zoheir down piston right/left

Flat piston right/left

Left Hip

Left hip piston up/down

Right hip piston down/up

Left hip forward thrust

Right hip forward thrust

Left hip back thrust

Right hip back thrust

Zoheir down piston left/right

Flat piston left/right

Corners Folkloric Hip Thrust/Chest Lift Walk

Leyla Najma's Hip Philosophy

(Arm positioning is one arm behind head and the other out in front)

Weight is on left leg and you thrust your right leg forward/forward corner/ side and then you change your weight on the 4th count.

Left arm is behind head and the right arm is out in front as you thrust your hip but remember not to move your arm with the thrust.

Lift your left heel to get you to go around to the right side. Turn your head to the right side slightly bending it and looking over your right shoulder.

(You want to do half turns to each side with your thrusting but remember again to change weight on 4th count)

After you do the 4 corner folkloric thrust you turn to the side and do the folkloric 4 corner thrusts in place only having your right hip go different directions (forward/forward corner/side/back corner).

After you do the thrusts to the side start with your chest lift walk.

Weight is on your right foot

Right foot is flat and left foot is up on ball and for every side step you lift/drop. You side step 3 counts and change weight on 4th count.

Weight is on your left foot

Left foot is flat and right foot is up on ball and for every side step you lift/drop. You side step 3 counts and change weight on 4th count.

Alternate Sides

Madam Boozy Leg Sweep

Draw a circle with the right leg and place it in place. Remember to add in a side sway or side winder (figure 8 horizontal) to add interest into the move.

Draw a circle with the left leg and place it in place.

Draw a circle with the right leg and spin back around to your right back and face audience.

Added Move in Place

Leyla Najma's Hip Philosophy

Weight is on left leg and left foot is flat. Right foot up on ball as right hip goes back and around.

Change weight as you come around and lift left foot so that the left hip can go back and around and weight is on the right leg with the right foot flat. This move is part figure 8 and side sway so if you don't include both it will look like a full figure 8.

Pistons/Thrusts with Layering

Right piston up

Left piston up

Right hip thrust to the side

Left hip thrust to the side

Left piston down

Right piston down

Chest lift/drop

Pelvic drop/lift

Left piston up

Right piston up

Left hip thrust to the side

Right hip thrust to the side

Right piston down

Left piston down

Chest lift/drop

Pelvic drop/lift

Ommis/Mayas/Full Hip Circles

Ommi right hip

Leyla Najma's Hip Philosophy

Ommi left hip

Right leg extended to side and ommie right hip to right side 4xs

Weight is on right leg and left leg is extended out

Maya right hip with weight on right/maya left hip with leg extended out

Maya right hip as you come move back to center/maya left hip and come down flat foot

Full hip circle back and around bringing in your right leg to center

Ommi left hip

Ommi right hip

Left leg extended to side and ommie leftt hip to left side 4xs

Weight is on left leg and right leg is extended out

Maya left hip with weight on left/maya right hip with leg extended out

Maya left hip as you come move back to center/maya right hip and come down flat foot

Full hip circle back and around bringing in your left leg to center