

# Leyla Najma's Hip Philosophy

## Combination Ideas for Drum Solos and Choreography

Rt hip thrust to the side/rt hip omni/lf hip thrust to the side/lf hip omni/Full hip circle starting from front clockwise/Full chest circle to the rt (clockwise)/rt shoulder roll back/lf shoulder roll back

Lf hip thrust to the side/lf hip omni/rt hip thrust to the side/rt hip omni/Full hip circle starting from front counter clockwise/Full chest circle to the lf (counter clockwise)/lf shoulder roll back/rt shoulder roll back

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Rt hip thrust/lf hip thrust/rt backcorner thrust/lf backcorner thrust/Full chest circle to the left (counter clockwise)/rt shoulder roll back/lf shoulder roll back

Lf hip thrust/rt hip thrust/lf backcorner thrust/rt backcorner thrust/Full chest circle to the right (clockwise)/lf shoulder roll back/rt shoulder roll back

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Rt hip piston up/lf hip piston up/rt hip omni/rt hip maya/rt hip piston down/lf hip piston down/pelvic down/up.

Lf hip piston up/rt hip piston up/lf hip omni/lf hip maya/lf hip piston down/rt hip piston down/pelvic down/ up.

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Right Maya

Right full hip circle around (clockwise)

Pin Cushion (single right hip circle around towards belly button (left) and back around to center/half of a full hip circle going forward going to left side/single left hip circle around to left side and back around to center/half of a full hip circle going from left side back around to right side and back to center).

Right backcorner thrust

Left backcorner thrust

Right hip thrust side

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Left hip thrust side

Left piston down

Right piston down

Backward pelvic stomach roll

Chest forward circle (Ferris Wheel/figure 8)

Right shoulder roll

Left shoulder roll

Left Maya

Left full hip circle around (counter clockwise)

Pin Cushion (single left hip circle around towards belly button (right) and back around to center/half of a full hip circle going forward going to right side/single right hip circle around to right side and back around to center/half of a full hip circle going from right side back around to left side and back to center).

Left backcorner thrust

Right backcorner thrust

Left hip thrust side

Right hip thrust side

Right piston down

Left piston down

Backward pelvic stomach roll

Chest forward circle (Ferris Wheel/figure 8)

Left shoulder roll

Right shoulder roll