

Aida Nour
Ghawazee Choreography
Bandam Aalaik ~ Nawal El-Zoghby

Counts	Steps	Arms
4 measures	Shimmy walk with hip pull back and head accent in a circle to your place	
A		
4	Shimmy walk R, L, R	At sides, on 4 - clap
4	Comma on L	'L' position
4	Shimmy walk L,R,L	At sides, on 4 - clap
4	Comma on R	'L' position
4	Shimmy walk R, L, R	At sides, on 4 - clap
4	Comma on L	'L' position
A2 (on left)		
16	Hagallah (3/4 shimmy) in big CCW circle, lines switch	
4	Shimmy walk L,R,L	At sides, on 4 - clap
4	Comma on R	'L' position
4	Shimmy walk R, L, R	At sides, on 4 - clap
4	Comma on L	'L' position
4	Shimmy walk L, R, L	At sides, on 4 - clap
4	Comma on R	'L' position
12	Hagallah in big CW circle, lines switch again	
4 +1	Pelvic drops with head accent on last	R at head, L at out at shoulder level
0:57 (hold 3) 4	Traveling washing machine R (x2)	Egyptian hands
4	Comma x2 on L	'L' position
2	Hip Bump R	Push left
(hold 4) 4	Traveling washing machine L (x2)	Egyptian hands
6	Comma x2 on R	'L' position
On 8	Hip Bump L	Push right
(hold 4) 4	Traveling washing machine R (x2)	Egyptian hands
4	Comma x2 on L	'L' position
2	Hip Bump R	Push left
12	Sassy CCW circle	Shoulder shimmies
4+1	Hip bump accents R (x4) with head accent on last	
B		
1:29 8	Plie step back on R, Brush L, step back L, brush R (whole thing x2)	Shoulder shimmies
1-3,4	Slow comma R x3 step behind with R on 4	Arms traveling up to above head
4	Lean L then center	Shoulder shimmy

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B2 (on left)		
8	Plie step back on L, Brush R, step back R, brush L (whole thing x2)	Shoulder shimmies
1-3,4	Slow comma L x3 step behind with L on 4	Arms traveling up to above head
4	Lean R, L, R	Shoulder shimmy
1:50 (4, 4)x3	Pada-bu-rae step (forward with R, side with L, turn with R and pull hips in) Shimmy four counts forward (Repeat 3 times to make a box with partner)	Offering arms
(4, 4)x3	Step forward and back with R Turn ¼, Step forward and back (Repeat 3 times to make one full turn CCW)	¾ shimmy Shoulder shimmy
8	Hagallah Forward (lines switch)	
8	Hagallah Backward (into one line)	
8	Choo-Choo angle R	Soft snake arms
6	Choo-Choo angle L	Soft snake arms
7-8	Turn	
B2		
2:30 8	Plie step back on L, Brush R, step back R, brush L (whole thing x2) (back to 2 lines)	Shoulder shimmies
1-3,4	Comma L x3 step behind with L on 4	Arms traveling up to above head
4	Lean R, L, R	Shoulder shimmy
Start Over at A!!!		
12	Sassy shimmies shoulder to shoulder with partner	
	End pose: Push, butt to partner, hands together in center.	