

3/4 Hip Box

(aka Saidi sidestep)

**3/4 hip
shimmy**

**3/4 hip shimmy
walk and spin**

Fast entrance

**3/4 Hip walk box
with shoulder hits**

(aka Saidi sidestep)

$\frac{3}{4}$ Up-down hips:
F/B, turn, in place

360 Turn

ATS-inspired

A-Egyptians

Bollywood-inspired

Aaja Nachle

Afro Belly

AirShoulders

Anna's
Hips

Arabic

Arabic
backwalk

Jill Parker inspired

Arabic box

RB-

Arabic
Fakeout

Arabic
Orbit

ATS-inspired

Argentine
basic

Argentine
Tango combo

Around the
World hips

ATF

Amy (Sigil's) Tribal Fusion

Barb's
boogie

Barbara 2

Barbara's
Camels (1)

Bhangra
basic

Bhangra
shoulder drop

Big Mama
Marina turn

Afro Belly
Bird

Body
wave

Booty
scoot

Bounces

hips or chest
circle or arc

RB-

Bumps & Pivots

Burlesque

Cabaret Twist

ATS-inspired
Camels

Catwalk

Cha Cha
Turk

Charise's
Hands

Chifty
Anna's

Chix &
Bulbs

Choo Choo
Shimmies

Choo Choo
Teapot turn

Ciana

Combo 2

ATS-inspired

Corkscrew

Cross step chest circle

Dernière

Danse

full Combo

Dernière

Danse

short

DH

back

DH

Chico

DH

diagonal B

DH

diagonal F

DH

Eddie's Basic

DH

forward

DH
in place

DH
Left

DH
L turn

DH
Right

DH

R turn

DH

Sway

DH

turn in place

DH

X

Dhan Dhan w/
Shimmies

RB-
Double Bump
Fakeout

Down Hip
Turns

Down hips
in place, infinity
Jill Parker inspired

Afro Belly

Elephant

Elizabeth

aka Liz

Egyptians

ATS style

Fallahee
(pelvic drop)

Fembot Walk

Charise's Barefoot
Flamenco
Basic

Flamenco

Charise's Barefoot
Flamenco
Floreo lunge

Floreos

FOF

fanny over fence

Forward, vertical pelvic roll

Footslide Combo

Footslides

RB Inspired

G-prep

Gawazee prep

G-Spin

Gawazee 1

Hip sways

Gawazee 2

Hip drops

Gawazee 3

Hip drops – Y turn

Gawazee 4

drop kick-turn

gawazee side step

(Fast Afro Belly)

GC Arabic

full

G-Caravan inspired

GC Arabic

short

G-Caravan inspired

Get it up

Glorias

Goddess

Arms

Grapevine 1

Grapevine 2

Grapevine 3

Grapevine 4

Grapevine
circle turn

Grapevine
Combo

RB Inspired

Hagallah
full

RB Inspired

Hagallah
short

Afro Belly
hard body
twists

Head slides
(on toes)

Hip drop
kick & turn

Hip Hit
Umis

Hip Lifts

Hip Shimmy Twists

Jill Parker inspired

RB-

Hips Combo

Inner Ear

Hips

Lynette Day variation

Int'l Tango
combo

ITS

Afro Belly
Jam Afro

JP Combo
Jill Parker inspired

JP Flip

Jill Parker inspired

**Latin
Slinky**

**(Latin) Twist
backstep**

Afro Belly
**Laughing
shoulders**

Single, back, double

**Leg
shimmies**

Afro Belly

**Limbo
shimmy**

**Liver-hold
side steps**

Liz

aka Elizabeth

Locks

RJ simplified 2x8

Locomotions

Luny Combo

Lynette Day - variation

Luny Marinas

Lynette Day - variation

Luny Spiral

Lynette Day - variation

**Marina
circle**

**Marina
Flip**

**Marina
Mama**

Marinas

RB-
Masmoudi

Maya

vertical hip up over
down figure 8

Mayan Arms

MC box

Mo-campfire, cloverleaf,
double hip box turns
Jill Parker inspired

MC3

Mo-campfire & cloverleaf
Jill Parker inspired

MCC

Mo-campfire & cloverleaf
Jill Parker inspired

Mesmera's Torso Rotation

Mez
Spiral

Afro Belly
Monkey on
the vine

Padahast-
asana

Paddle
turns/spins

Afro Belly

Pelvic drop
figure 8s

Afro-Belly

Pelvic peeks

Pelvic Walk
Combo

Pop-lock
combo

Pop lock
wobble

Jill Parker inspired

Afro Belly

Prayer

Pretty girl
Arabics

ATS-inspired

Propeller

Afro Belly
**Pump &
Slide**

RB-
RAC
Rachel's Arabic Combo

ATS-inspired
Reverse Turn

RJ
Beginning

RJ
Full

RJ
short

Rolly Shoulders
in Place

Lynette Day - variation

Rolly Shoulders
Walking

Lynette Day - variation

**Rose Hip
Shimmies**

Rose Hips

Jill Parker inspired
diagonal travel

Rose Hips

Jill Parker inspired
shimmies / flip

Charise's Barefoot
Flamenco

Roxanne

Salsa 1

Salsa 2

Samba
Combo

Sandal-
wood

Sassy
Hips

Sassy Voom

Saucy
Maya

Afro Belly
ScoopHop

SES

FIRST HALF

Stephen Eggers Sassypants

SES

FULL

Stephen Eggers Sassypants

SES

PART 1 – 4X8

Stephen Eggers Sassypants

SES

PART 2 TURNS – 4X8

Stephen Eggers Sassypants

SES

PART 3 HIPS/ARABICS – 4X8
Stephen Eggers Sassypants

Charise's Barefoot
Flamenco
Sevillanas

SES

SECOND HALF
Stephen Eggers Sassypants

Sexy Walk
Diagonal

Sexy Walk

F-B

Shimmy

bop

Shimmy

combo

Shimmy

Pops

Jill Parker inspired

Shimmy

Rolls

Jill Parker inspired

Shoulder Shimmy

Rib Cage Circles

Jill Parker inspired

Shoulder Shimmy Chest pop

Sidewinder

R to L torso vertical figure 8

Afro Belly

**Single-
double wave**

Charise's Barefoot
Flamenco

Single fan

**Skirt Skoot
Combo**

Charise's Barefoot
Flamenco

Skirt stomps

Slinky

long

Heather Stants Inspired

Slinky

short

Heather Stants Inspired

Snake arm

slide-toes

Snake arm

sync

Snake arms

Snake arms
3-step turn

Snake
hands

Afro Belly
Snake in a
basket

Spiral Turn

Mesmera inspired

Spiral Turn

chest pops

Mesmera inspired

Star Walk

Amy Sigil Inspired

Afro Belly

Stepback

pump

Tai Chi

basic move

Tango

basic international

Tango diamond

Tango ochos

ATS-inspired

Taxeem

vertical hip down over
up figure 8

Teapot turn

Jill Parker inspired

ToRo

Torso Rotation Combo

ATS-inspired

Torso Rotation

Tribal
Stretch

TS Spin

Turkish Shimmy Spin

Tunisian
Twists

Turkish

Jill Parker inspired

Turkish turn

Jill Parker inspired

Umi

Interior tight hip circle

Umi Pops

Jill Parker inspired

Umi Rolls

Jill Parker inspired

Undulation

Vaudeville

Lynette Day - variation

Afro Belly

W.African $\frac{3}{4}$
hips

Afro Belly

Wave – hip
circle

Afro Belly
**Waves &
Turns**

ATS-inspired
Wrap Turn

Afro Belly
Yankadi

**Yummy Umi
combo**

Domba-inspired

Afro Belly
Yummy Umis

Z-Egyptians

Z-walk

Zumba inspired

RB
Zil comp