Choreography - Akteb Aleik - Fadl Shaker

0.00	Intro 1	Start with weight in L hip, R foot prepared, hands by hips
		1-4 Hip circle LFRBL, 5-8 double hip hit RR LL, step R
		1-4 Hip circle RFLBR, 5-8 double hip hit RR, LL, step L turning 180º, to face back
	Intro 1	Same but with back to audience, with the final step L turning 180º, getting you back to facing front
0.19	Intro 2	Forward Back step, R foot leading FMBM, FMB, changeover of your choice *I'll teach knee lift*
		Forward Back step, L foot leading, FMBM, FMB, changeover
	Intro 2	Forward Back step, R foot leading FMBM, FMB, changeover
		1-4 Arch to L, with arms above head, L leg extended out to L, 5-8 straighten up, bring arms in close & step LRL to turn yourself around
	Intro 2	Forward Back step, R foot leading FMBM, FMB, changeover
		Forward Back step, L foot leading, FMBM, FMB, changeover
	Intro 2	Forward Back step, R foot leading FMBM, FMB, changeover
		1-4 Step LRL to turn yourself around, 5-8 shimmy, pushing down with hands
0.56	Intro 1	1-4 Half circle front LFR, 5-8 shoulder roll, abdominal lock in
		1-4 Half circle front RFL 5-8 shoulder roll, abdominal lock in
	Intro 1	1-4 Half circle back LBR, 5-8 shoulder roll, twist R hip FBFB
		1-4 Half circle back RBL, 5-8 shoulder roll, heel drop, lift R knee
1.18	Verse 1	Akteb aleik, akteb aleik…
		Figure 8 horizontal RLR, end facing RF diagonal, ribcage lift & release (more experienced Ls, could do a camel)
	Verse 1	Figure 8 horizontal with heel lift, LRL lean back w R foot, arms in horizontal L-shape & straighten up onto L foot
1.35	Verse 2	Akteb aleik, law olti behebak lissa…
		Hip drops R x 8, R arm up curtsey (1, step R, 3, take L foot behind you & dip, 4 straighten up & let L foot come back to your side, but don't put it down. If we can fit in a little shoulder shimmy when the music does a flourish on 4, that will be a lovely accent.
		Hip drops L x 8, step BBF, LRL
	Verse 2	Hip drops R x 8, arm up curtsey (step R, take L foot behind you & dip, straighten up & let L foot come back to your side, but don't put it down.
		Hip drops L x 8, Balance LRL
2.05	Verse 3	Oum al ana eh, oul int'ana eh….
		1-8 GV to L, 7 steps (start w R foot crossing to L), 1-8 Drop kick L x 3 in profile, roll hip forward
		1-8 GV back to centre, 1-8 drop kick x 2, prepared turn – step/jump R to prep, 3 step turn to L (LRL)
	Verse 3	SS Hip circles R x 2
		Step Push turn, step back x3 RLR w a bit of leg extension
		SS Hip circles L x 2
		Step push turn, step back x3 LRL with a bit of leg extension
	Verse 3	GV to L x 7, knee lift (L); Dina Horsestep (step L first), hip push x 3 (third sweeps foot forward)
		GV back to centre x 7, knee lift; Dina horsestep, Forward Back reverse turn 360° (Forward R, middle L, turn towards the back stepping R foot back & out, & complete the turn with L step to come to the front again)
3.05	Verse 4	Inta Habibi yani, lissa Habibi….
		Shimmy - upright with some gestures, R hand to heart, L hand to heart, hands out palms up questioning, both hands out & down (as if to say "finished")
		Step out to R (optional single leg shimmy), R hand up, L hand up; butterfly the hands down, step L & whoosh arms out to sides

3.23	Ending	Oul, ya Habibi oul,x 4 Forward back steps to diagonal (LF), R foot leading, with 123-step changeover Forward back steps to diagonal (RF), L foot leading, with 123-step changeover Ouuuuuuul Walk in a circle for the Ouls - step R foot first, circle F, R, B, L to original starting point 10 steps Ya Habibi Mona Finish! Step/Drop onto R foot, drop your head, hands down and on the final flourish of music, lift head dramatically!

Choreo by Béatrice Curtis