

Drum Solo Choreography - Sandrina's Beginner Plus Class

1. Start left - 4 Saiidi Hip Drops (8 counts) - swoop left leg behind on 7 and repeat hip drops on right (8 counts)
2. Shoulder shimmy, weight on right foot- 2 tilts forward, 2 back, 2 forward & turn cross right on 7 - Repeat reverse.
3. Mambo Step: Step right, point left hip out, alternate for 8 counts going forward / Repeat backwards
4. Traveling Chest lifts. (2 sets of 8) Start tucked, right knee up. Step & open up. Lift left knee up and tuck. Step & open up. Repeat.
To prepare, for #5 make sure right hip is UP, and,
5. Pliez with hip down accents, start down R,L,R,L,R,L,- up on 7&8 / Repeat alternate starting L
6. Soft shimmy with fluid hands and arms - 2 sets of 8
7. Omi right X 3 and 2 pelvic drops front, repeat Omi to left side with pelvic drops for 2nd set of 8.
8. Twist, Twist, Brush - start right and alternate, in a circle - repeating for 2 sets of 8
Option to repeat from here for longer drum solo - otherwise,
9. In Arabesque position, shimmy side right, & contract, pulling arm in. Repeat other side (4 counts total)
10. Finish: 3 point turn to the right and pose.
(last 4 counts)

