

Nar

This is a choreography by Ziva Emtiyaz that takes dance moves from the Sa'idi people and Raqs al Sharqi. Translation of the title: "Fire."

Pronunciation: NAHR

Music: 4/4 meter *Dance with Ziva Emtiyaz, 2013 Middle Eastern Music Mix, Track 2*

Formation: Individuals

Steps & Styling: If dancers don't want to do armwork, hands can be on hips or out to side.

<u>Meas</u>	<u>Footwork</u>	<u>Arms</u>
<u>INTRODUCTION</u> – Dancers enter.		
1-3	One group of dancers walks four bouncy steps fwd beg R. Pencil turn R over L, one complete turn and pose.	Arms opened at sides.
1-3	Second group of dancers repeats movements above.	
1-2	I. L to R in front of R, R to R, L in front of R, R to R. Exterior Hip circle CW with 4 heel drops.	Shoulder shimmy, then playful arms circle.
3-4	Repeat movements of meas 1-2 with opp ftwk and direction. Hip circle is CCW.	Repeat first two meas.
5-6	Repeat first two meas.	Repeat first two meas.
7-8	Repeat first meas. Then hip slide (or hip scoop) L-R-L-R and push off onto L kicking L foot up behind.	Repeat first meas. Arms at sides during hip slides (or scoop).
8	Repeat meas 1-8, but omit the kick at the end. Take weight back on L; six shoulder isolations and chest circle R-fwd-L.	Shoulder shimmy grapevine. Arms side hip slides.
1-4	II. Step-together-step touch to R. L hip fwd-fwd-back-back. Repeat to L. R hip fwd-fwd-back-back.	Arms side travel. Outside hand to head hips.
5-8	Repeat meas 1-4.	Repeat Fig II.
1-7	III. Walk 3 steps beg R. Shoulder shimmy (Wella Wella). Repeat that four times while moving CW in a circle. 6 hip bumps. Reverse undulation up. R foot rock fwd-fwd, L leg bkwd-bkwd.	Arms at sides.
1-8	II. Repeat Fig II above but hop on R on last half-count to anticipate crossing L in next figure.	Arms travel sdwd. Outside hand to head hips.
1-6	I. Repeat Fig I with ending.	Repeat Fig I with ending at 9-16.

Nar — continued

IV.	1-5	Arabic basic R-L-R-L (front, ctr, back, ctr) twice to face L. Touch R next to L, three undulations. Head slide R-L, one undulation. Head slide R-L.	Arms move in “Figure 8” side to side for Arabic Basics. Arms open into L shape during undulations.
	6-10	Arabic basic R-L-R-L. Arabic basic R-L-R, touch L. Use Arabic Basics to complete circle CCW until L profile is showing. 3 undulations; two hip lifts. 1 undulation; two hip lifts.	Arms at sides for Arabic Basics. Arms open into L shape during undulations.
III.	1-7	Repeat Fig III. Start walking on L foot.	Repeat Fig III.
II.	1-4	Repeat Fig II above but hop on R on last half-count to anticipate crossing L in next figure.	Repeat Fig II.
I.	1-6	Repeat Fig I with ending	Repeat Fig I with ending.
IV.	1-10	Repeat Fig IV.	Repeat Fig IV.
III.	1-7	Repeat Fig III, beg L.	Repeat Fig III.
II.	1-4	Repeat Fig II.	
Ending	1	Touch R next to L and pose.	Arms above head and pose.

Presented by Ziva Emtiyaz