

Rakset Badawiyye (3:06)  
from BellyDance Middle Eastern Nights with Fifi Abdo

- 4 meas. wait for entrance
- 4 meas. entrance - flat ball ball ball with little shoulder shimmy
- 4 meas. grapevine left with hip lift on change; grapevine right
- 4 meas. step right forward, left in place, right hip side, side ;  
repeat left, repeat right, repeat left. Arms are right "L",  
backward "L", repeat.
- 4 meas. Arms up: grapevine l with hip lift on change; grapevine r.
- 4 meas. hip twists on a flat, ball step going right (4 cts.),  
left (4 cts.), right, and left. Angle to stage front.  
Arms lift as you go.
- 6 meas. Repeat sequence 3 times: 3 hip drops L, ronde jambe;  
3 hip drops R, ronde jambe
- 3 meas. 3 double undulations with taffy pull arms
- 3 meas. 1-1/2 times hip drop sequence
- 4 meas. 4-ct. step with arms giving and pushing. 2x left; 1x back;  
1x side
- 4 meas. hip twists going to stage right (facing stage right).
- 4 meas. grapevine left
- 4 meas. Hip shimmies: 4 cts. in place, 4 cts. angled left, 4 cts.  
angled right, 4 cts. in place with arms rising.
- 6 meas. 3 mayas in place; 3 mayas moving right
- 6 meas. 6 back 8's going around counter clockwise
- 4 meas. Big bouncy hip circle; bouncy rib circle with shoulder  
accent on last two counts.
- 8 meas. Exit: Walk 3 steps, back hip bump on 4 (Saidi var.).  
Repeat until you get off stage. Music will fade.