

Zil Drill - Choreography to *baladi Unplugged* by Helm

(Baladi is a 4-count rhythm: Dun Dun Teka Tec Dun Teka Tec Teka with the dun's being the deep sounds on the drums)

For first two sections:

(Thank you Alex for most of this in writing for me!)

Match your zills to recorded zills and then when Baladi rhythm (drums) starts:

Step right, sweep arms under and to the right, hip up on three then hip drop on 4.

Repeat on left side.

Step right, sweep arms overhead, "sit" on hip ending on 4.

Repeat on left side.

Sweep left arm up and right arm ahead and do a 4-count choo-choo, then 4-count choo-choo arc, ending with arms overhead facing front left diagonal.

4 count bodywave with 4 zil clicks, dropping right arm. Turn left 3/4 turn (end facing front right diagonal) while drawing right arm up overhead and ziling normally for 4-counts.

Repeat bodywave, but dropping left arm and turning right.

Egyptian basic 1/2 turn: front, back, front, back, drop arms to shoulder height as coming around to front from last Egyptian basic.

Choo-choo Singles: 1/2/3/change weight, X 4.

2 Arabic hip twists w/half-turn, 1 normal Arabic hip twist, then down with 3 chest lifts (back contractions)/up on 4,

face front, shimmy to end while sweeping arms up and around.

Please note: even when doing a choreography it will look and feel best when keeping connected to the other dancers... don't let yourself just "zone out" and do it by rote.