

♪ "TABLAT BASSAM" ♪  
CHOREOGRAPHY BY ZIVA EMTIYAZ

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- 0.00 Heel drop doums start R to L. Glute squeeze 2 tecs then head to R. Repeat 4 M.
- 0.08 *(Downs for Ds)* Chest lift on tecs. DDT = heel drop/heel drop/chest lift.
- 0.22 Snake arm for rolls vs. chest drops/lifts for ts/Ds *(R profile: Undu down & up - R Hip drop/Lift. R hip 2 omnis over - Chest DDT. Repeat other side.)*
- 0.29 Maqsum walk 8 measures. Shoulder shimmy/turn to tablah roll at 4<sup>th</sup> M.
- 0.43 Chest: Slide LRL, R, L, hold. Repeat opposite. Sequence x2 (drop, tilt L, drop, tilt R, Arms down D. Arms open/big chest lift tec.) (x4)
- 0.57 Shoulder shimmy/roll to roll of drum. *(Shimmy on hip slide w/ rolls. Shoulders lift & drop to Maqsum. Bonus: Look on last t of M)* (x4)
- 1.11 Jump, tuck D, roll up, should shim x2. Jump, 2 tucks/rolls slow. Repeat.
- 1.25 *(Shim & travel w/ hip swing)* Walk RLRL. T = Arms up. Front-Back shimmy arms down. (x4)
- 1.39 Shoulder locks RL hits tecs angling L sinking body on Ds. Shoulder shim to L side. Repeat opposite (x2)
- 1.54 Slide hips front R to L: Neck. Chest. Hips. L to R Hips.
- 2.01 Hip slide RLR. DT = jump profile R, arms up. Chest down down. Repeat to L profile.
- 2.08 Chu-chu shimmy. Heel drop Ds. Make counter clockwise circle. Complete turn R arm up final tec.
- 2.15 Chest drop all the doums. Should shim *(Combination of pelvic and abdominal release/tucks.)*
- 2.26 Head slide x6. *(Chest tick up 7. 2 Undu dwn igniting shimmy. Layer slide side R to L 8 ts. 2 ext. circles. 6 rev undu)*
- 2.50 Shimmy like your life depended on it. Listen for tonal changes. Chu-chu.
- 3.04 Dtt starts low to high. Get creative or D chest & tt chest/shoulders.
- 3.12 SA'ADI! Hipdrops. L hip 4M and R hip 4M. *(Show DtDDt on L hip 4M and R hip 4M. Last 4 M show tecs w/ arms.)*
- 3.30 4 side sweeps R to L *(Show double doum in dropped hip and tecs in kicks/sweeps.)* 4M.
- 3.39 2 omnis R. Shoulder Shimmy. X2 Repeat to L *(R profile. Shimmy & reverse undu into releve. Chest lift @top. Heel drop. Chest drop. Omni to front. Chest tec. Heel drop DD. Alternate profiles. x4)*
- 3.57 Chest diamond FRBLF. Shoulders shimmy. X2. Switch sides. *(Alternate sides: 4 Omnis-descend R. Jump/arms up. Chest drop, abs in, pelvic release, pel tuck. (x4)*
- 4.15 Twist shimmy. *(Twist shimmy/step R. Sweep L up. L Hip & heel drop. Sweep R. (x4) Complete clockwise circle.)*

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- 4.24 Hip diamond. X4 to R. (*Face L diag: Downs R-LRLR – pop body T. Downs RL-RLR as turn to R diag. Pop T. Repeat opposite*)
- 4.33 Clap 123. 12. 12.1 (*R hip lift/Chest lift/L hip lift – twist L FBFBFB. L hip lift/Chest lift/ R hip lift – twist R.*)
- 4.38 Strut 6 steps. Shake something.x2 (*Fallahi reverse ¾ 4M to front – shoulder shimmy. ¾ 4M back – shoulder shimmy.*)
- 4.46 Hip bumps rlrl, rl. Shoulder shimmy Stomach pops out side-side tttt & out-out tt. Omni, reverse undulation, chest lift chest drop. X4
- 5.04 Mayas RL x4. Slide RLR hips/chest/head/chest. (*Mayas / shimmy down RL x4. Scoops up w/ shimmy LRL RLR LRL RLR.*)
- 5.21 Roll up. 3 shoulder hits. Roll down. Repeat. (*Roll up to releve R diag. Chest lift, shoulder hit, shoulder hit. Roll down–L glute push. Repeat to L*)
- 5.30 Step R – hip out (releve drop) – twist shimmy. Repeat L. x2 (*Step R/undulation. Step together – twist L/twist R-roll up through to head. Repeat on L side. (x2)*)
- 5.39 Chu-Chu shimmy lead w/ booty to R. 2 Heel drops. Arms open up Tec. Repeat to L. (x2)
- 5.48 Horiz fig8 RLRL. Shimmy of choice. Horiz fig8 RLRL. Pivot step R foot front, to back in spin and pose. (*Horiz fig8 RLRL. Shimmy ext hip cir clkwise-roll up. Fig8 RLRL. Maya RLR. R over L - Spin & pose!*)

### Key

D = Doum. Low sound of drum

T = Tec/high pitched sound for drum

M = Measure

L = Left

R = Right

(*Italicized*) = Super bonus Challenge version

Saidi = 4/4 = Dt DD t

Maqsum = 4/4 = Dtt D t

Fallahi = 2/4 = DttDt