

“DS Yasmena” by Tasha (Debra K. Lewis)

hip lock L, front, R, pelvic lock back

hip lock L, front, R, ribcage pop

hip lock L, front, R, pelvic lock back

hip lock L, front, R, ribcage pop

4 count piston shimmy

1-4 2 umi umis to the R with shimmy

5-8 reverse undulation with shimmy

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5-8 reverse undulation with shimmy

4 count shoulder shimmy, shoulder tilt R, single accent

4 count shoulder shimmy, shoulder tilt L, single accent

4 count shoulder shimmy, transition into shimmy for 4 counts

8 count shimmy, arms come up to V, transition into 4 waves back

transition into pelvise shimmy, match music

single beats

1st 8-- nothing    2nd 8-- single accent L    3rd 8-- single accent R

4th 8-- hip lock L, front, R    5th 8-- hip lock L, front, R

6th 8-- hip lock L, front, R, back, transition into up/down/out shimmy to final L accent