

Return of Osiris 5:37

:09 entrance

1st 4 8's- back row enters to bird step, starting on the R, around the dance area to place

5th-8th 8's- back row 3/4 shimmies in place, front row enters with bird step around to place, last 4 or 8 3/4 shimmies

:40 first section

1st 8- front row step out R with plie to bird pose extension, figure 8 hip in, out, in, out
back row same as above but step out to the L

2nd 8- front row combination to the L
back row combination to the R

3rd 8- 4 count scoop down and up on 5-6, shimmy 7-8

4th 8 all coming forward start R step 1-2 arms offer, L step 3-4 arms start to open, R step 5-6 arms open fully, step L, R with plie

:57

1st 8- on 1 relè L foot to knee, arms in 4th, on 2 down pose, on 3 hip drops with release (6)

2nd 8- double hips starting on the L

3rd 8- RC R, L, roll down, roll up, RC R, L

4th 8- turn with double hips starting on the R

5th 8- RC R, L, roll down, roll up, RC R, L

1:17

1st 8- front double drop back 4 start R hip, arms in low Vee
back double drop in place or move forward with double hips start R to
meet, arms low Vee

2nd 8- Osiris grapevine to R (step out R and squeeze, step behind L and
squeeze, step out R and squeeze, hitch R hip up, drop, release, drop,
release)

3rd 8- Osiris grapevine to the L

4th 8- Osiris grapevine to the R, ends with two individual hip circles

1:33 into a circle

prep— step R, 1/2 dancers follow left lead, 1/2 dancers follow right lead
into circle

1st 8- 1-4 reverse undulation, SS, 5-8 haggalahs starting R

2nd 8- 1-4 haggalahs, 5-8 stylized step R, full spin onto L, over the head
hand circle R

3rd 8- 1-4 haggalahs, 5-8 reverse undulation, SS

4th 8- 1-4 haggalahs, 5-8 stylized turn

1:48

5th 8- R arm forward, L hand on hip, look over R shoulder, R hip, step back,
L hip, step back, R hip, step back, L hip, step back

6th 8- AD shimmy towards audience, on 4 lock both arms out in 2nd, 5-8
SS R, L, RC up, down, pelvic lock back X 4

7th 8- all 3/4 shimmy around in the circle

8th 8- 4 counts 3/4 shimmy to return to your line (not necessarily your spot), 5-8 SS R, L, RC up, down, pelvic lock back X 4, front line 3 X pelvic lock back and lift L hip

2:04

1st 8— front line start to the L with framed down hips
back line start to the R with shoulder lift step

2nd 8— front line start to the R with shoulder lift step
back line start to the L with framed down hips

3rd 8— 1-4 all reverse undulation shimmy, arms up to 5th, swipe step front line start L arm, back line start R arm

4th 8— two swipe combos, front line faces L, on 8 drop R arm to diagonal hip frame (bird homage), back line faces R, drop L arm to frame

5th 8— all 1-4 double hip drops, 5-8 two individual hip circles

6th 8— 1-4 center and reverse undulation, 5-8 SS

3:00

1st 8— 2nd 8- double hips starting on the R

2nd 8- RC R, L, roll down, roll up, RC R, L

3rd 8- turn with double hips starting on the R

4th 8- RC R, L, roll down, roll up, RC R, L

2:45

1st 8- front double drop back 4 start R hip, arms in low Vee

back double drop in place or move forward with double hips start R to meet, arms low Vee

2nd 8- Osiris grapevine to R (step out R and squeeze, step behind L and squeeze, step out R and squeeze, hitch R hip up, drop, release, drop, release)

3rd 8- Osiris grapevine to the L

4th 8- Osiris grapevine to the R, ends with two individual hip circles

3:00

1st 8— double hips starting on the R to move into pairs, center pair moves back with double drops, outside pairs move out and up

2nd 8— 1-4 reverse hip roll R with L aspect, SS RLR, 5-6 reverse undulation down, 7-8 hips RLR

3rd 8— 1-4 reverse hip roll L, aspect R, SS RLR, 5-6L person cross R, turn out to partner, R person changes weight to R, cross L, turn out to partner, all SS RLR

3:13

1st and 2nd 8's— bird step around each other back to starting point

3rd and 4th 8's— front pairs start with double hips then Caiti combo
back pair start Caiti combo then double hips
ALL OUT (naming this the Caiti domination sequence)

3:29

1st and 2nd 8's— repeat Caiti domination sequence

3rd and 4th 8's— repeat Caiti domination sequence

3:44

Round Section

This section is done in three groups as a round.

1st 8— step hip R, L, R, L, tribal accent arms ascending

2nd 8— hop weight to R, high 4th L arm up, large 1 and 1/2 hip circle around front to L, arms cross to cover cleavage

3rd 8— step hip turn starting R X 2

A group do 3 8's, shimmy

B group 1-8 shimmy, do 3 8's, shimmy

C group 2-8's shimmy, do 3 8's

4:17 split line section

1st 8— R line lead out with elbow, upper body tilted circle 3/4 around the front, undulate down with jellyfish arms to inner leg, heel up angled in, hands on hips (show us what you got pose)

2nd 8— L line does combination, ends with lock back on the last beat

3rd 8— snake arms starting to the middle, inner 2 dancers 4 counts, middle 2 dancers 4 counts

4th 8— outer 2 dancers 4 counts, all together 4 counts

5th 8— grapevine partner, front line step forward and move L, back line step back and move R, feet out, back, out, touch, body tilt forward, center, forward, center, shoulder shimmy pulses, ends with 'tude acknowledgement to partner

6th 8— repeat combo to original spot

7th 8— step into partner, outside leg pointed out, arms in and down to Vee on 1-2, on 3-4 wave outside hand out shifting weight out, 5-6 outside arm to 4th, 7-8 inside arm up

8th 8— 1-3 crossover inside leg and turn out, arms come down crossing in front, on 4 plant outside leg out, 5-6 shoulders RLR, step and step toward partner, 7-8 RC up down up

4:48

1st 8— pairs box step around each other starting on the R

2nd 8— 1-2 last box step, 3-4 center and grab hands, 5-8 hip circle from back hip around the front

3rd 8— 1-2 let go of upstage hand, small hip circle out, 3-4 2nd circle out, let go of other hand, 5-8 1 and 1/2 RC circles out

4th 8— inside arm circle with shimmy (R arm cheated forward)

5:05 grapevine

1-4 8's— reassemble to grapevine line, either double drops back or double hips forward, 3 grapevine sets

5th 8— reverse undulation SS, into circle 4 Haggalahs

6th 8— step forward 1-2, hand wave 3-4, 5-8 turn

7th 8— circle with 3/4 shimmy and tighten circle

8th 8— on 1 step into circle, inside arm circle, arm ends up center, sea anemone hands, pull back on gong