

“Vocarhythm” by Tasha (Debra K. Lewis)

Intro: Back to the audience, Weight on the R, L foot behind and L heel up, on first accent look over L shoulder, L shoulder roll, 3 quick L individual hip circles, settle hip down on the last beat, shimmy, 3 pelvic locks back

Swing around to front, 1 L fist, R hip, hip, R shoulder roll, 2 & 1/2 umis to the L, reverse undulation up, shoulder shimmy (only L umis in routine)

Reverse undulation up to releve, arms come up on side to 5th, arms come down parallel to the body back of hands forward, as you step back with beats R L R L together, hit 4 pelvic locks back, reverse up to hit last beat with RC drop

:19

1st 8-- Piston shimmy, 8 SS

2nd 8-- piston shimmy 8 in reverse undulation

:25 Section 1

1st 8-- 1-4 welcoming arms, R Karshilama step with 3/4 shimmy, end center, inside hand circle flick, SS

2nd 8-- repeat on the L, SS matched to the drums

3rd 8-- 1-4 to R 2 step pushes, hands by R cheek, 5-6 individual hip circle to up, arms to head 4th, 7-8 individual SS

4th 8-- 1-4 to L 2 step pushes, hands by L cheek, 5-6 individual hip circle to up, arms to head 4th, 7-8 individual SS matching drums (R shoulder RR RR)

5th 8-- hips RLR, LRL pelvic back, back, reverse undulation up

6th 8-- RLR, LRL pelvic lock up and in, SS to beats

7th 8-- RLR, LRL pelvis back, back, reverse undulation up

8th 8-- RLR, LRL pelvic lock up and in, SS to beats

:53. Section 2

1st 8-- R out arm circle to high 4th, 1-3 step to R AB 1 with hip roll leave hip up, 4-5 two soft hip drops, 6 lift, 7-8 two accented hip drops

2nd 8-- L out arm circle to high 4th, 1-3 step to L AB 1 with hip roll leave hip up, 4-5 two soft hip drops, 6 lift, 7-8 two accented hip drops

3rd 8-- R out arm circle to high 4th, 1-3 step to R AB 1 with hip roll leave hip up, 4-5 two soft hip drops, 6 lift, 7-8 two accented hip drops

4th 8-- arms to neutral, 1 L hip forward, 2 L hip side, 3 L hip forward, 4 L pelvic lock back, 5-8 reverse undulation up

5th 8-- 1-4 haggalah L, R, L, R, bring L foot up, 5-8 starting on R large hip circle to the front ending on R

6th 8-- with accents hips L, R, L reverse undulation up to releve with inside arm circle, down to center by 8

1:13. Section 3

1st 8-- 1-4 welcoming arms, R Karshilama step with 3/4 shimmy, end center, inside hand circle flick, SS

2nd 8-- repeat on the L, SS matched to the drums

3rd 8-- 1-4 to R 2 step pushes, hands by R cheek, 5-6 individual hip circle to up, arms to head 4th, 7-8 individual SS

4th 8-- 1-4 to L 2 step pushes, hands by L cheek, 5-6 individual hip circle to up, arms to head 4th, 7-8 individual SS matching drums (R shoulder RR RR)

5th 8-- step back R, L heel stays up, arms reach forward, outside turn of hands, drawing back into pose

1:30 Section 4

1st 8-- shift weight forward, step R, touch L, arms in 2nd, R hand salute, chest pop, repeat L, repeat R, last accent hands come to head, R double hip bump

2nd 8-- undulate down, arms come down, shift weight to R, lock, undulate up, shimmy

3rd 8- 4 X triple twist step R, L, R, L

4th 8-- 8 3/4 shimmies, front line turns toward back and distributes into circle, back line makes complete rotation and settles into circle

5th 8- 2 full syncopated grapevines starting R out, L behind

6th 8-- 1 syncopated grapevines starting R out, L behind, feet together reach out with R arm to R with lunge, arms circle through center to high 4th, L arm up feet back together

7th 8-- arms stay in high 4th, R heel up, 2 R up hips, step R, step in L, L weight shift right heel up, repeat

8th 8-- repeat again, EVERY OTHER DANCER front cross R foot, turn out, arms come around and down to offering out, SS and pop to drum

dancers facing in do inside arm circle into offering, SS with RC pop

2:09

1st 8-- 4 haggalas, flat foot R hip forward, forward, step L, pivot in/out

2nd 8-- hip roll R 1-2, L 3-4, double time 5, 6, reverse undulation 7-8

3rd 8-- 4 haggalas, flat foot R hip forward, forward, step L, pivot in/out

4th 8-- hip roll R 1-2, L 3-4, double time 5, 6, reverse undulation 7-8

2:28

1st 8-- R&R scoot step, L behind, pause, R out, L cross front X 2

2nd 8— R&R scoot step, L behind, pause, R out, L cross front, step forward R, L, R leg behind, feet together to switch lines and the direction you are facing

3rd 8— R&R scoot step, L behind, pause, R out, L cross front X 2

4th 8— R&R scoot step, L behind, pause, R out, L cross front, step forward R, L, R leg behind, 4 counts to shimmy walk into 2 lines

2:47 drums

1st 8— 4 count shimmy in place, 4 count 3/4 shimmy starting on the R

2nd 8-- R haggalah, L haggalah, reverse undulation, SS to the R, L

3rd 8— 4 count shimmy in place, 4 count 3/4 shimmy starting on the R

4th 8-- R haggalah, L haggalah, reverse undulation, SS to the R, L

5th 8— front line Amy travel step to R, back line to L
opposite hip twist to the direction of travel, bring weight forward to move traveling leg, travel for three, do last one in place to prep for reversing directions

6th 8— front line Amy travel step to L, back line to R

3:15

7th 8— R haggalah, L haggalah, RC up R, up L X 2

8th 8— R haggalah, L haggalah, RC up R, up L step R, everyone pivot to back, butt wiggle

9th 8— 1-4 front line shimmy in place, back line walks around to the L to face front, R haggalah, L haggalah, RC up R, up L

10th 8— R haggalah, L haggalah, RC up R, up L X 2

11th 8— all pivot to reverse direction, R haggalah, L haggalah, RC up R, up L

12th 8— R haggalah, L haggalah, RC up R, up L X 2

13th 8- front line shimmies, back line pivots to the front, shimmy, arms up through center to high Vee, release, strike final pose