



Drum Solo Choreography Online Course Notes

Music: "Shakira" by Tony Chamoun

Choreography by Kristen Walden / Ankara Rose World Dance

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- Back facing audience: shoulder shimmy 1 123 123123123 / Turn around to face audience and repeat shoulders
- Hands up in hair, hip shimmy slide R, L, then faster: R, L, R
- *on cymbal clash*: arms open out to sides dramatically, with slight head lift
- Hip Push Walk traveling forward – 6 steps forward, starting on the R
- Hip Hit traveling step 2 full 8-counts, traveling in a CW circle heading to center back: Hit out R Hip (R arm wraps across torso, L at headband/hair), then step down R & hit out L hip, etc.
- Hip Shimmy Slide over R (look R, R arm across torso, L arm up), shimmy drop it down. / repeat L.

- Vertical hip circles (R hip) back-front, 8x / bicycle figure 8 hip w/ back leg kick back (2x)
- Step back & down with the R leg / shoulder shimmy with lean back / head toss back
- Angle body to R, shoulder shimmy/ shimmy R hip while sliding leg in. Repeat angling now L, L leg slides in.
- Fast turn CW (1 full turn around) / Hands Clap above head on cymbal
- R hip drop w/kick & wavy arms, 6 times total (4th and 6th kick leg back behind). *Note: wavy arms start w/ R reaching out toward audience while the hip drops.*
- 3 omis / reverse undulation up through chest lift

- Step forward R, L leg out to side and lean torso over to L (lean into it)- L arm across torso and R arm extended out to side
- Dancer walk around traveling CW / turn
- Facing R side at an angle: pose (one hand at headband, other on hip) – chest: drop L, R, Lift, drop
- Little hop stepping back (L arm across torso, R arm out to side)
- Walk forward to center front / On the 2nd rhythm (DTDDT): R Hip: Drop Lift Drop Drop Lift/ Repeat, but instead of the last lift step forward and down with R foot / Shoulder Shimmy towards L / “Hit” hair across to R

- Hop back L leg, then R, then step down and forward on the L / Hip hit R hip out to side (R arm across, L up headband)
- Hip Traveling step – CW for ½ circle, ending up in center back
- Fast Omis while turning CW / R hip drops forward, then back / then FAST: forward center center back / shoulder shimmy
- Shoulder shimmy angling to the R / accent: L arm hit hair – look R

- Shoulder shimmy sliding back to center (facing front) / accent: Belly Pull with L fist hit
- Step forward R, step together L, both arms out and up to “V” – face looking up - on cymbal
- **Hip shimmy** bringing arms down (hands in fists) – now looking forward w/arms out at sides
- Hip circles w/shimmy CW, 2x
- Vertical chest circles CW 2x
- Hands up in hair, belly-torso undulation over shimmy 3x
- Step up into choo choo shimmy, turning CW (arms come up to “V” then down)
- slow shoulder shimmy / R hip down
- Hip downs: L, R / Chest: Lift drop / REPEAT 3x, lowering down slightly – last one ending with a drop down instead of chest. (TOTAL 4x)
- Come up, step back L – L arm up, R at headband – R hip Vertical circles 2x w/ shimmy layered over, then lift hip & shimmy it
- Drop R hip / Reverse undulation up through chest / shoulder shoulder
- Chest lift and undulation down / Arms frame hips: Belly pop out – in – out
- Step out leaning L, L arm across torso R extended out to side
- Legs come in together, drop torso down / pop up both arms above head (one hand on top of the other)
- Step out leaning R, keeping arms up / drop torso down center again
- Pop up turning to face back (both arms up still) / Hair sways / Peek over shoulder
- Repeat Hair sways / peek over opposite shoulder
- Turn to face front, shoulder shimmy as you lower down on knees / hit floor with hands / Raise arms up into “V” looking up
- Shoulder shimmy as you rise up, both arms up, on accent: shoulder shoulder
- Scissor or Rock Step forward with R leg (fwd R step L back R step L), w/ $\frac{3}{4}$ hip shimmy layered over - 2x
- $\frac{3}{4}$ Down w/ twist Hip shimmy traveling in a CW circle for 8 cts
- Twist hips 4x / accent: L leg lifts up straight, L hand on hip, R arm up in hair
- Turn CCW (to L) / accent: R knee up, R hand on hip, L in hair
- Turn CW (to R) - 2 turns / accent: fists hit each other above head
- 2 Turns continuing CW / Drop torso down, arms drop down at sides, extend L leg out to side, pop torso up hands up to “V”, drop back down then snap torso up tossing hair back for final pose