

## EL DOOA (El Dooa el Sharid)

### Intro 1 (0.00)

Start with weight L, R leg posed. Stick is on the floor, held one handed  
On the first accent, remain in this pose  
On second accent, lift stick into diagonal (R hand is over head, stick is down in diagonal over L shoulder)  
On third accent, take the stick two handed horizontally overhead  
On fourth accent, roll the stick horizontally, FDBU

### Intro 2 (0.10)

Step push x 3 step, R first, holding the stick horizontally overhead, two-handed, hit the floor with the stick & turn underneath it (180°).  
Repeat, stepping L first.

### Verse 1 (0.21)

Grapevine travelling L (step R 1st) x 7, on 8 hit stick on floor (let R hand go & circle arm straight & down).  
Repeat in opposite direction.

### Verse 2 (0.32)

Figure 8 horizontal (RLRL, R, count is 1-8, 1,2), hips L (4), then R (6), step out L & pose R foot.  
Stick is horizontal at heart level, then slamming up, down & out still horizontally at heart level with the hip hits, and then take the stick to vertical as you step to L- R hand at the bottom in the usual grip, the L hand (curve of cane) is at the top.

### Verse 1 (0.42)

Shimmy for 4, facing F, quarter turn & shimmy for 4 facing L. Stick is vertical in front of you.  
Pose the R leg, twirl stick twice (counts 1-4) then catch the stick two-handed, & half open turn/small grapevine/horseshoe turn to L.  
Finish in pose, with stick held two-handed diagonal, out to audience, in profile.

### Verse 2 (0.53)

Put stick down on floor (curve of cane is down).  
Single hipped Figure 8 (L hip), down to B first. (BFBF, B, count is 1-8, 1,2), hit L hip out to audience (4), then kick stick upright (6), weight is still in L side. Swing/twist torso to L, ready for lyrical section.

### Lyrical Verse 1 (1.04)

Step R arabesque with L leg to face B, step L foot with a back turn to face F again, swerve R hip (empty) to catch the turn. Circle stick over head on the arabesque & turn, finishing slightly R on the hip swerve.  
Figure 8 vertical up & out RLR. Stick is over head, slightly R still.  
Forward Back with horizontal hip circle, L foot leads. Sway stick L then R.  
Step onto L foot to turn to face back. Shimmy with stick kayaking, L then R.  
Step LR to turn back to the F again.  
Repeat in opposite direction

Facing RF diagonal, shimmy, circling stick up over head, & pulling it down; turn to face LF diagonal, shimmy with same stick action

Facing F, two-handed 8 with stick, R then L

Accent 1- Stick on floor

Accent 2- lift stick into diagonal

Accent 3- take the stick two handed horizontally overhead (ref Intro 1)

### Lyrical Verse 2 (1.34)

Drop stick down to L diagonal), running shimmy to R (count 1-4), Veil-Like Twirl of the stick x 1½ (LFRBLFR).

Repeat in opposite direction. End facing LF diagonal.

Round the Waist (take stick to horizontal, drop the L end and take the stick behind your back, catch the L end, then drop the R end and take the stick to the front again). Arc the stick in horizontal position LURD, turning to face RF diagonal.

Round the Waist (as before). Arc the stick in horizontal position, RU, turning to face F, drop the L end (curve of cane) so stick is vertical & take it down to the floor. Hold both hands on top of stick (I would suggest L hand above R)

Big slow horizontal hip circle R (BRFI), then 2 x faster vertical hip circles out to side (URDI)

Repeat hip circles to L

Running shimmy, circling the stick, to end with back to LF diagonal, vertical figure 8 Up & Out RLR. Running shimmy, circling the stick, to end with back to RF diagonal, vertical figure 8 Up & Out RLR

Accents- with back to audience, stick held horizontal, (1) L, (2) R, (3) turn to face F (stick is centre, weight in L foot) and (4) stick up over head.

### Verse 1 (2.19)

Grapevine as before

**Verse 2 (2.29)**

Figure 8 as before

**Verse 1 (2.39)**

Shimmy as before

**Verse 2 (2.50)**

Single hipped Figure 8 as before.

**Lyrical Verse 1 (3.00)**

Arabesque & turn; figure 8; forward back; kayaking- all as before.

Shimmy & circle stick- as before.

Accents- as before

On the tinkly ending, step F onto R foot, leave L foot behind you, dropping the L end of stick, down to the floor, shimmy, with both hands on the top of the stick.

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**KEY**

R = Right L = Left F = Front/Forward B = Back/Backward U = Up D = Down I = In

These notes are for my students' personal use. If you would like to perform this choreography, or teach it to anyone else, I would be grateful if you would contact me first.

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