

“Mistaneek”

by Natacha Atlas

Choreography for belly dance (edited by Sabira)

Choreography at glance

0:00-0:32 (32 sec) → **Intro**

0:32-0:52 (20 sec) → **Mistaneek 1** (long version) 1x

0:52-1:10 (18 sec) → **Slow call 1** 4x

1:10-1:13 (3 sec) → **4 beats 1**

1:13-1:31 (18 sec) → **French verse 1** 4x

1:31-1:40 (9 sec) → **Miskaneek 2** (short version) 1x

1:40-1:58 (18 sec) → **Slow call 2** 4x

1:58-2:01 (3 sec) → **4 beats 2**

2:01-2:19 (18 sec) → **French Verse 2** 4x

2:19-2:28 (9 sec) → **Mistaneek 3** (short version) 1x

2:28-2:36 (8 sec) → **Rhythm** fade out

Detailed Choreography

0:00-00:32 (32 sec)	Intro	Veils- walk on and dervish spin on “habibi”. Flick veil around neck.
00:32-00:52 (20 sec)	Mistaneek 1 x1 (long version)	Hip lift walk, starting on rt, 4x to front and 4x to back. Limping walk 2x to rt, then rt hip drops front-back-front-back. Limping walk 2x to left, then left hip drops front-back-front-back.
00:52-1.10 (18 sec)	Slow call 1 x4	Front row: camel and pause. Then back row: 4 hip lifts, 90 degrees turn.
1:10-1.13 (3 sec)	4 beats 1	Shoulder tap r-l-r-l. (Front row turns to face front during this)
1:13-1:31 (18 sec)	French verse 1 x4	Front row: counterclockwise chest circle; counterclockwise ummi; shimmy. Back row: counterclockwise chest circle; counterclockwise ummi; one spin.
1:31-1.40 (9 sec)	Mistaneek 2 x1 (short version)	Hip lift walk, starting on rt, 4x to front and 4x to back.
1:40-1:58 (18 sec)	Slow call 2 x4	Front row: camel and pause. Then back row: 4 hip lifts, 90 degrees turn.
1:58-2:01 (3 sec)	4 beats 2	Shoulder tap r-l-r-l (front row turns to face front during this)
2:01-2:19 (18 sec)	French verse 2 x4	Front row: counterclockwise chest circle; counterclockwise ummi; shimmy Back row: counterclockwise chest circle; counterclockwise ummi; one spin
2:19-2:28 (9 sec)	Mistaneek 3 x1 (short version)	Hip lift walk, starting on rt, 4x to front and 4x to back.
2:28-2:36 (8 sec)	Rhythm -fade out	Walk off stage (hip lift walk) along the same path you used to come on.
2:36	End (track is cut)	

<http://www.youtube.com/watch?v=lylsMCspfnA>

<http://www.arabicmusictranslation.com/2007/04/natacha-atlas-waiting-for-you-mistaneek.html>