

WEILI WEILI

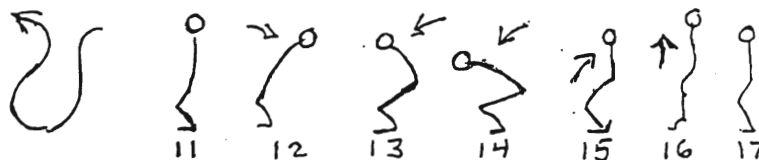
(Bedouin Stage Dance)

WEILI WEILI is a choreographed woman's dance based on the dance motifs of the Bedouin, and includes movements typical of men and women. The dance style is quite distinct from the erect, almost martial carriage typical of Lebanese dabkas. The Bedouin dances have a looseness of carriage and torso movements that are reminiscent of belly dance. The dance was introduced to the Baalbek Folklorique Dance Ensemble of Boston in 1975 by Joseph Mahjaba, a professional dancer from the famed Baalbek Festival in Lebanon's Bekaa Valley.

Source: Joseph Mahjaba
Music: Middle East Hit Parade (Monitor records MFS 741).
Style: Loose relaxed carriage. Torso and shoulder movements are central.
Formation: Line of dancers joined with hands down held loosely.

<u>Meas.</u>	<u>Cts.</u>	<u>Movements</u>
<u>FIGURE 1 - INTRO</u>		
1	1-2	Step on L in place in downward beat as right knee flexes (ct. 1). Step on ball of R beside L with right foot flexed, as body bounces up on the upbeat (ct. +). This is a very springy bounce step, parallel feet gradually move in LOD. The shoulders bounce up and down with each step. Repeat (cts 2, +).
2-6	3-12	Repeat measure 1 five times (cts. 5-12).
7-8	13-16	Repeat same footwork as above, while adding shoulder pushes, alternating R and L. Right shoulder fwd (ct. 13). Push left shoulder fwd (ct. 14). Repeat (cts. 15-16).
9-32	18-54	Repeat entire sequence three more times (cts. 18-64).
<u>FIGURE 2 - ROCK AND SIDESWAY</u>		
1-2	1-4	Rock fwd on L (ct 1). Slight hop on L (ct. 2). Rock bwd on R (ct 3). Slight hop on R (ct. 4).
3-6	5-12	Repeat measure 1 twice (cts. 5-12)
7-8	13-16	Stepping L to left, sway torso to left leading with the ribcage (ct. 13). Sway torso to right, leading with the ribcage (ct. 14). Repeat to left (ct. 15). Repeat to right (ct. 16).
9-14	17-28	Repeat measures 1-6 (cts. 17-28).
15-16	29-32	Stamp L in front (ct. 29). Hold (cts. 30-32).

<u>Meas.</u>	<u>Cts.</u>	<u>Movements</u>
		<u>FIGURE 3 - SHOULDER BOUNCE AND TORSO UNDULATION</u>
1	1-2	Slide L beside R as you lift and push shoulders. Right shoulder fwd (ct. 1). Left shoulder fwd (ct. 2). A "bouncing" effect is created during this movement by shifting weight onto the balls of the feet and rising and dropping slightly by flexing the knees. The shoulder lifts and pushes are on the downbeat of the bounce.
2-6	3-12	Repeat alternating shoulder bounce five times (cts 3-12). On last count sway both shoulders bwd (ct. 12) as you lean torso bwd from knees in preparation for torso undulation.
7-8	13-16	Bend knees as upper torso leans fwd (ct. 13). Continue bending knees into crouch as torso is bent deep fwd (ct. 14). Straighten torso as begin to unflex knees. (ct. 15). Push upward torso by straightening knees as rise on balls of feet to emphasize unfolding (ct. 16).



9-16	17-32	Repeat entire sequence (cts. 17-22).
		<u>FIGURE 4 - ROCK, TURN, AND HIP THRUST</u>
1-2	1-4	Hands still joined, rock fwd onto L (ct. 1). Slight hop on L (ct. 2). Rock bwd on R (ct. 3). Slight hop on R (ct. 4).
3-4	5-8	Step fwd on L as hands let go and pose, left hand on left hip and right hand cups behind right ear with open palm, and begin to turn CCW on R (ct. 5). Hop slightly on R as turn 180° CCW* to face original direction (ct. 4).
5-8	9-16	Repeat cts. 1-4 with hands still in pose (cts. 8-12). Facing right diagonal, step fwd L as left hip is thrust fwd (ct. 13). Close R beside L as hips level (ct. &). Step fwd L as left hip is thrust fwd (ct. 14). Close R beside L as hips level (ct. &). Step fwd L as left hip is thrust fwd (ct. 15). Stamp R beside L (ct. 16).
9-16	17-32	Repeat entire sequence (cts. 17-32).

Meas. Cts.MovementsFIGURE 5 - SLOW PAS-DE-BAS FWD

- 1-2 1-4 Step/stamp L fwd slightly, arms still in pose (ct. 1). Swing R fwd in CCW arc across L, as hop slightly (ct. 2). Step on R across L as body turns to left diagonal (ct. 3). Left knee bends slightly, as the L is raised behind the R (ct. 4). The upper torso leans fwd, leading with the shoulder, and look over the shoulder to the audience, not the floor.
- 3-4 5-8 Step bwd L (ct. 5). R swings bwd in CW arc (ct. 6). Step onto R behind L (ct. 7). Hop slightly on R (ct. 8).
- 5-8 9-16 Repeat entire sequence (cts. 9-16).

FIGURE 6 - SHOULDER SWAY

- 1 1-2 Hands still in pose, step on L fwd as turn torso to side and look over left shoulder to audience, and sway left shoulder to audience, leading with the ribcage (ct. 1). Sway shoulder and ribcage to rear (ct. 2). note: the ribs are making a vertical "8".
- 2-4 3-8 Repeat sequence three times (cts. 3-8).
- 1-4 1-8 FIGURE 5 - SLOW PAS -DE-BAS FWD
Repeat earlier sequence (cts. 1-8).

FIGURE 7 - ROCK AND DIAGONAL SWAY

- 1-2 1-4 Rock fwd onto L (ct. 1). Slight hop on L (ct. 2). Rock bwd onto R (ct. 3). Slight hop on R (ct. 4). Move slightly to right.
- 3-6 5-12 Repeat sequence twice (cts. 5-12).
- 7-8 13-16 With torso facing right diagonal, look over left shoulder to left diagonal and sway torso to left diagonal (ct. 13). Sway right shoulder bwd (ct. 14). Repeat sequence (ct. 15-16). The diagonal sway is more restrained than the fwd sway earlier.
- 8-16 17-32 Repeat sequence from beginning (cts. 17-32).

FIGURE 8 - MIJWIZ STEP

- 1-2 1-4 Facing right, with both hands clasped on back of head, looking over left shoulder at audience and knees bent in deep flex, move fwd with the following step. Step L fwd as thrust left hip (ct. 1). Step R beside L (ct. &). Step L fwd as pivot on L CCW, so that the torso faces to the left diagonal with right hip leading (ct. &). Step R fwd as thrust right hip (ct. 3). Step L beside R (ct. &). Step R fwd as pivot on R CW, so that the torso faces to the R diagonal (ct. &). As one advances toward the audience, look at the audience through the arch formed by the arms.
Repeat sequence (cts. 5 & 6, 7 & 8).

WEILI WEILI

<u>Meas.</u>	<u>Cts.</u>	<u>Movements</u>
3-4	5-8	With torso facing to the left diagonal and head facing fwd, demi-plie with feet and knees parallel (ct. 5). Turn body fwd as extend R fwd swinging in CW arc (ct. 6). Continue swinging R in CW arc, to end facing right diagonal (ct. &). Repeat on opposite side (cts. 7,8, &).
3-4	9-16	Repeat sequence from the beginning (cts. 9-16).

FIGURE 9 - ROCK AND GALLOP FORWARD

1-4	1-8	Joining hands with arms down, rock fwd on L as body leans fwd (ct. 1). Hop on L (ct. 2). Rock bwd on R as body straightens (ct. 3). Hop on R (ct. 4). Repeat fwd and bwd (cts 5-8).
5-8	9-16	Step fwd on ball of L (ct 9). Step/chug with a snapping motion behind L while L brings the left heel off the floor, so that the L is raised with bent knee while the right toe is where the left heel was (ct. 10). Repeat (cts. 11-12). Step fwd on ball of L (ct. 13). Snap onto R behind L (ct. &). Step fwd on ball of L (ct. 14). Snap onto R behind L (ct. &). Step fwd L (ct. 15). Step/stamp R beside L (ct. 16).

FIGURE 10 - BACKING UP

1	1-2	Step bwd L sharply as torso leans bwd (ct. 1). Step R beside L as body straightens (ct. 2).
2-4	3-8	Repeat three times (cts. 3-8).
5-8	9-16	Rock fwd onto L (ct. 9). Hop on L (ct. 10). Rock bwd on R (ct. 11). Hop on R (ct. 12). Stamp L fwd, no weight (ct. 13). Pause (cts. 14-16).

REPEAT ENTIRE DANCE FROM FIGURE 3 - SHOULDER SWAY WITH UNDULATION.

Jary & Susan Lind-Sinanian