Thai Nails

Music – Beauty Beats

By - Beats Antique

From - Collide

Stand w/head down, arms crossed in Alapadma, R foot over L

Music starts – lift head and raise arms up & out / shoulder rolls back R, L / full turn L, angle L / double Maya R,L facing front / rib circle, undulate down

R hip accent down / rib circle pivoting R, hip accent down L / repeat other direction

Nirvana Pose / Thai pose / full turn L

Turkish w/half turns / front to back / L angle to R angle back (hands L flag – R swan head to flag)

Sundana / und-bod w/accents / repeat (changing rows)

Arabic Hip Twist Box

Snaky Hips

Box Step (modified)

¾ shimmy facing partner / piston shimmy & shoulder shimmy w/music, repeat / hip accents

Shoulder shimmy’s down & up / rib circle / rib accents / ¼ turn / shoulder shimmy’s down & up / rib circle / und-bod

Basic Arm Twist (in groups of 4) –

Basic w/modified arms / ½ turn / repeat / Twist, sit slide / double Egyptian / Choo Choo / 2 full turns / repeat from double Egyptian

Arabic / hip accents w/music