

Abadou by Zap Mama – Mizmar Madness choreo for 10 Min Max Feb. 2007

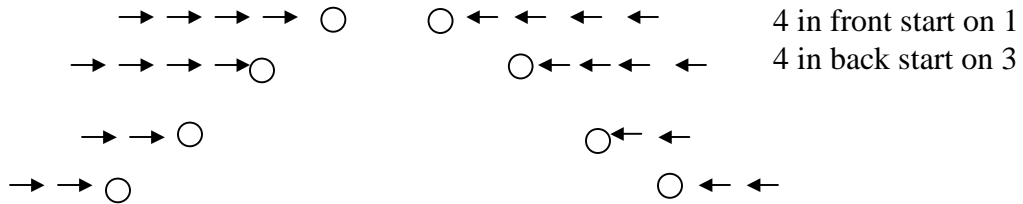
(numbers signify 1 for each “bow-bow, bow”)

- :05     **1-4**     *moving toward center stage in V formation- point downstage toward audience*  
“bow, bow” – take 1 step (with foot closest to audience) leading with chest,  
roll down to tuck (don’t drop pelvis), dragging other foot in  
(this is basically an undulation stopped before dropping pelvis)  
“bow” – umi (pelvic circle: side, back, side, front)
- :15     **5-8**     *belly rolls angling body*  
“bow, bow” – lift chest, contract upper abs (suck it in!)  
“bow” – roll contraction down to end with belly pushed out, pelvis drops  
(sharp) on the “bow”  
  
1<sup>st</sup> belly roll – facing same direction toward center stage  
2<sup>nd</sup> belly roll – pivoting to face 45 degrees  
3<sup>rd</sup> belly roll – pivoting to face front (bringing raised arm down, elbows back)  
4<sup>th</sup> belly roll – facing front
- :26     **9-12**    *moving to invert the V, so point is upstage, away from audience*  
“bow, bow” – 2 steps with maya (RL or LR, depending on which way you’re  
going  
“bow” – tuck roll-up with chest lift (sharp) on the “bow”
- :37     **13-16** *this is when the two groups (belly rollers, back benders) do their own things*  
Belly-rollers:  
“bow, bow” – pop belly out twice  
“bow” – roll belly in and down (don’t let it out until the next  
“bow, bow”)  
Back-benders:  
Movement to get onto knees
- :47     **17-20** *two groups doing separate things*  
Belly-rollers:  
“bow, bow” – TBA ☺  
“bow” –
- :57     **No more “bow, bows”**  
Do separate choreos
- 1:24    **1-4**     *“bow, bows” start up again*  
Belly-rollers taxim with arms up into position to do spins off stage  
Back-benders get up and ready to do “side bend roll-up” (like end of Turbo Tabla)
- 1:35    **5-8**     *Move off stage with veil spins and side bends*
- 1:44    *Music fades out*

Formations for Abadou choreo (audience is top of page ↑ )

(1-4) Enter moving toward center stage in V *stepping with chest lead-undulation, umi.*

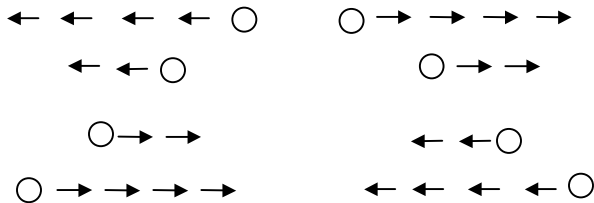
Each arrow is movement on one “bow, bow, bow.”



(5-8) Hold this same formation (above), doing *belly rolls pivoting to face front.*

(9-12) Moving, as follows, to invert the V with *maya steps, roll-up.*

This movement gets us into the next formation.



13-16 In this formation, belly rollers: *pop, pop, roll down*  
back-benders *go to floor and start your thing.*

We will basically hold this formation until exiting stage, the way you came from.

