

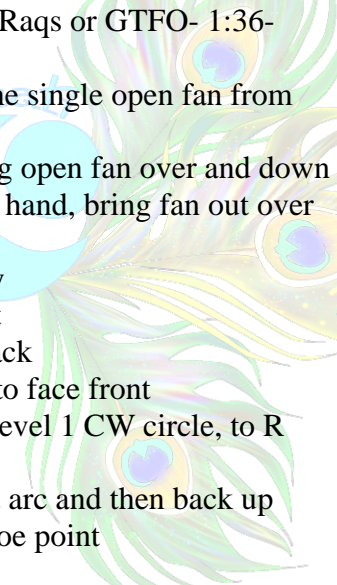
Fabulous FanVeilZZ II with Mahsati Janan

Practice Notes

1. Dance Practice Notes for Fabulous FanVeilZZ II with Mahsati Janan
 - a. These notes contain the combinations and choreographies from the dvd.
2. Single Fan – 4 combinations
 - a. Combination 1: Soft Shadows (Serpentine- :51-1:10) 3cts 8
 - i. Begin with fan closed across shoulder, looking down
 - ii. On chime, flick wrist out and look up
 - iii. Closed fan figure 8 in front
 - iv. Catch end of fan and hold overhead
 - v. Egyptian 8s
 - vi. Chest Circles to Undulate down, bringing fan down body
 - vii. In front of body, flick fan open
 - viii. Open fan back in arc overhead
 - ix. Open CCW spin with fan out, free arm at chest
 - b. Combination 2: Serpentine Flow (Serpentine- 2:17-2:41) 4 cts 8
 - i. Begin with open fan held down at one side.
 - ii. Cross body arc to left then overhead arc with flutter
 - iii. 1-sided 8, 1 sided arc over and back
 - iv. Around head and flutter across face
 - v. Low 8 in front, around body horizontal circle (slight backbend)
 - vi. Bring fan overhead to catch as tent/frame on chime
 - vii. 2xs Upper body figure 8 with angled shoulder with triple lower undulation/belly roll
 - c. Combination 3: Accent on Folk (Lost Nomads – Urfandivani-2:50-3:03) 4 cts 8
 - i. Begin with open fan at head height
 - ii. 3xs Fwd/Back 8 in front and behind head with rocking step
 - iii. Open 8 across body front
 - iv. Turn CW with Flutter fan to snap closed facing away
 - v. Hips upward 8 twisting once

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- d. Combination 4: Twistin' Funk (Miss Rose Lee – Raqs or GTFO- 1:36-2:02) 5 cts 8
- i. Start facing away – you will be passing the single open fan from one hand to the other
 - ii. Begin in L hand, centered on chest – bring open fan over and down in a circle back to center. Switch fan to R hand, bring fan out over and down in a circle back to center
 - iii. Repeat switching 8 with upper body sway
 - iv. Repeat switching 8 with upper body twist
 - v. Repeat switching 8 with twist and lean back
 - vi. Step back with R foot while turning CW to face front
 - vii. During the turn, R hand on R side at hip level 1 CW circle, to R hand over head one CW circle
 - viii. As face front, bring R hand down in front arc and then back up over R shoulder and raise left knee with toe point
 - ix. 3x Repeat Turn and lift sequence
 - x. Go into CW spin, fan high>low>high>low; other hand at chest

3. Double Fan – 5 combinations

a. Combination 1: Mariposa

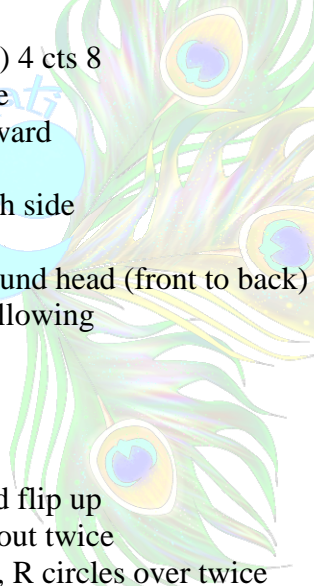
- i. (Desert Knights – Serpentine-:00-:28) 4 cts 8
- ii. Begin facing audience, open fans fluttering, head down
- iii. 2xs Mirrored Fig 8s in to out travelling upward
- iv. Fluttering, arc down on the sides
- v. Repeat 8s and flutter
- vi. Twist upper body w/Cross FV R front, L behind – open out
- vii. Repeat 8s and flutter

b. Combination 2: Fluttery Eights

- i. (Lost Nomads – Slow Chiftitelli-1:43-2:06) 4 cts 8
- ii. Begin facing R side, fans closed and draped over shoulders
- iii. Left hip single-side fig 8s with toe/leg follow-through (pulling fans)
- iv. Open fans out to sides and overhead butterfly
- v. CW turn
- vi. Egyptian 8s with fans flutter down
- vii. Alternating Fan 8s, (R sweeping first)
- viii. Egyptian 8s with fans flutter up to down
- ix. CW turn, close fans down
- x. Butterfly out and down

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- c. Combination 3: Round & Round
 - i. (Lost Nomads – Slow Chiftitelli-2:16-2:33) 4 cts 8
 - ii. Begin with fans open in front covering face
 - iii. On cymbal crash, open while stepping forward
 - iv. 2 CCW spins
 - v. Facing away, over should look and dip each side
 - vi. 2 CW open spins or barrels
 - vii. 2 CW spins with R arm out, Left circle around head (front to back)
 - viii. Upper body sway facing front with fans following
 - ix. Sweep back over head R, then L

 - d. Combination 4:Rocking Float
 - i. (Lost Nomads – Urfandivani-1:24-1:40)
 - ii. Facing front, fans open fluttering down and flip up
 - iii. 4 Undulation walk L with butterfly in and out twice
 - iv. 4 Undulation walk L in arc with L arm out, R circles over twice
 - v. 4 Undulation walk R with butterfly in and out twice
 - vi. 4 Undulation walk R in arc with R arm out, L circles over twice

 - e. Combination 5: Take it Back
 - i. (Lost Nomads – Urfandivani-2:21-2:41) 3 cts 8
 - ii. Facing front fans closed behind back, stepping back with R and triple step cha-cha-cha
 - iii. L and triple step
 - iv. Open arms, Repeat R and L with opposite fan hip strike
 - v. Open arms, Repeat R and L with opposite shoulder strike
 - vi. Flip fans down and open, Undulation walk L 2x
 - vii. Side ways undulation slide R, L face L
 - viii. Backbend back fans pulling overhead R, L, R, L

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4. Mini-choreography for 1.5m fan veils

a. Song: Lila by Desert Knights

i. Part One :00-:29

1. Enter on Drum Beats holding fan veils closed and across shoulders
2. Hip shimmy side to side while pulling fan veils across to flick down/out
3. Both fans up in arc to overhead from sides and then back down
4. Cross fan veils R in front, L behind (look R)
5. Cross fan veils L in front, R behind (look L)
6. Stepping R fwd, sweep both fan veils fwd/back
7. Stepping R back and turning to face back, sweep both fan veils up, over in full circle
8. Stepping R fwd, sweep both fan veils fwd/back
9. Stepping R back and turning to face front, sweep both fan veils up, over in full circle
10. Cross fan veils R in front, L behind (look R)
11. Cross fan veils L in front, R behind (look L)
12. Turn CCW, dip cross front L, then R (FV arc overhead)

ii. Part 2 :29-1:04

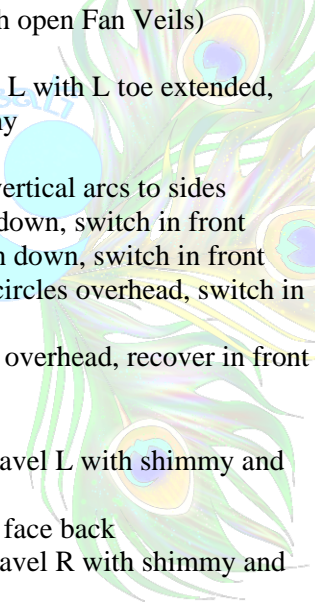
1. 2 Large Vertical 8s, opposite in front
2. Large Vertical circle CW, end facing L with L toe extended, arms overhead and back – hip shimmy
3. Double undulation steps L, R L, R
4. 4 CCW Counter Circles with FV in vertical arcs to sides
5. Draw FVs across arms to catch opposite in each hand
6. Holding FVs below hip, Hip fig 8 fwd with shimmy starting R and accent horizontal circle on R side
7. Repeat on L side
8. Raising arms to over head, Repeat on R side
9. Repeat on L side

iii. Part 3 1:05-1:25 (Repeat of Part 1 with open Fan Veils)

1. Arms cross in front and fans snap open
2. Both fans up in arc to overhead from sides and then back down
3. Cross fan veils R in front, L behind (look R)
4. Cross fan veils L in front, R behind (look L)
5. Stepping R fwd, sweep both fan veils fwd/back
6. Stepping R back and turning to face back, sweep both fan veils up, over in full circle
7. Stepping R fwd, sweep both fan veils fwd/back
8. Stepping R back and turning to face front, sweep both fan veils up, over in full circle
9. Cross fan veils R in front, L behind (look R)
10. Cross fan veils L in front, R behind (look L)
11. Turn CCW, dip cross front L, then R (FV arc overhead)

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- iv. Part 4 1:26-2:01 (Partial Repeat of Part 2 with open Fan Veils)
 1. 2 Large Vertical 8s, opposite in front
 2. Large Vertical circle CW, end facing L with L toe extended, arms overhead and back – hip shimmy
 3. Double undulation steps L, R L, R
 4. 4 CCW Counter Circles with FV in vertical arcs to sides
 5. Turn CW, Arms out L fan up, R fan down, switch in front
 6. Turn CCW, Arms out R fan up, L fan down, switch in front
 7. Turn CW, R arm out/fan out, L arm circles overhead, switch in front
 8. Turn CCW, L arm out, R arm circles overhead, recover in front
 - v. Part 5 2:01-2:20
 1. With fans in meeting 8s, butterfly style – travel L with shimmy and undulation 3xs
 2. Reach out front and back and turn CCW to face back
 3. With fans in meeting 8s, butterfly style – travel R with shimmy and undulation 3xs
 4. Reach out front and back closing fans and turn CW to face front
Closed Fans lotus hands to fade – end arms down at sides

5. Combinations for 3m fan veils

a. Single Fan

i. Combination 1: Frame & Flow

1. Song: (Lost Nomads – Rayhan-:00-:38)
2. Start with fan closed and hidden in R hand, holding around back to L hand
3. Enter with hip slide and lift accents with shimmy
4. Step back/behind with R foot, unwrap fan
5. Step out R and bring fan over in arc to L side
6. As switch back to R ft behind, catch veil to beginning wrap
7. Step out R and bring fan over in arc to L side
8. Unwrap and holding one corner with L hand, turn 2x CCW with shimmy, then face front and veil flow/towel around you once
9. Repeat 2xs CCW turn and veil flow around you
10. Open Fan and with circle arcs back, counter circle CW 4xs
11. Fig 8s with fan low and high
12. CCW turn and catch end of fan
13. 2x CCW turn and flow around self
14. Release end of fan 2x CCW turn and flow around self
15. Turn CW with fan spiral and pull over R shoulder to end

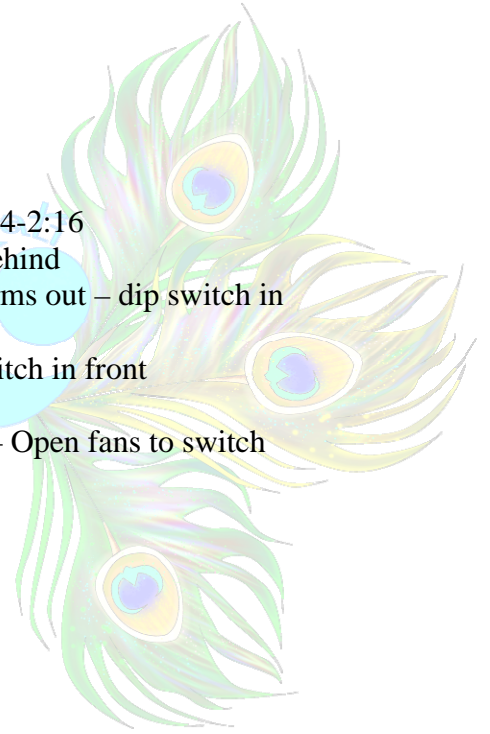
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b. Double Fan

i. Combination 1: Turn the Tables

1. Song: (Lost Nomads – Rayhan-1:44-2:16)
2. Begin with both fans closed and behind
3. Flip fans overhead and spin CW arms out – dip switch in front
4. Spin CCW arms out –windmill switch in front
5. Spin CW one out, one spiraling
6. Spin CCW one out, one spiraling – Open fans to switch
7. Spin CW both open arms out
8. Spin CCW both open, with barrel
9. Figs 8s then circle back
10. Backbend with alternating circles



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1. Simple mini-choreography for 1.5m fan veils

Time	cts of 8	Movements/Combinations
:00-:07		Song: Lila by Desert Knights - 2:30 Enter on drum beats, holding fan veils closed and across shoulders
:07-:13	2	<ol style="list-style-type: none"> 1. Hip shimmy side to side while pulling fan veils across to flick down/out 2. Both fans up in arc to overhead from sides and then back down 3. Cross fan veils R in front, L behind (look R) 4. Cross fan veils L in front, R behind (look L)
:14-:20	2	<ol style="list-style-type: none"> 1. Stepping R fwd, sweep both fan veils fwd/back 2. Stepping R back and turning to face back, sweep both fan veils up, over in full circle 3. Stepping R fwd, sweep both fan veils fwd/back 4. Stepping R back and turning to face front, sweep both fan veils up, over in full circle
:21-:28	2	<ol style="list-style-type: none"> 1. Cross fan veils R in front, L behind (look R) 2. Cross fan veils L in front, R behind (look L) 3. Turn CCW, dip cross front L, then R (FV arc overhead)
:29-:34	2	<ol style="list-style-type: none"> 1. 2 Large Vertical 8s, opposite in front 2. Large Vertical circle CW, end facing L with L toe extended, arms overhead and back – hip shimmy
:35-:42	2	<ol style="list-style-type: none"> 1. Double undulation steps L, R L, R
:43-:49	2	<ol style="list-style-type: none"> 1. 4 CCW Counter Circles with FV in vertical arcs to sides
:50-1:04	4	<ol style="list-style-type: none"> 1. Draw FVs across arms to catch opposite in each hand 2. Holding FVs below hip, Hip fig 8 fwd with shimmy starting R and accent horizontal circle on R side 3. Repeat on L side 4. Raising arms to over head, Repeat on R side 5. Repeat on L side
1:05-1:11	2	<ol style="list-style-type: none"> 1. Arms cross in front and fans snap open 2. Both fans up in arc to overhead from sides and then back down 3. Cross fan veils R in front, L behind (look R) 4. Cross fan veils L in front, R behind (look L)
1:12-1:18	2	<ol style="list-style-type: none"> 1. Stepping R fwd, sweep both fan veils fwd/back 2. Stepping R back and turning to face back, sweep both fan veils up, over in full circle 3. Stepping R fwd, sweep both fan veils fwd/back

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		4. Stepping R back and turning to face front, sweep both fan veils up, over in full circle
1:19-1:25	2	<ol style="list-style-type: none"> 1. Cross fan veils R in front, L behind (look R) 2. Cross fan veils L in front, R behind (look L) 3. Turn CCW, dip cross front L, then R (FV arc overhead)
1:26-1:33	2	<ol style="list-style-type: none"> 1. 2 Large Vertical 8s, opposite in front 2. Large Vertical circle CW, end facing L with L toe extended, arms overhead and back – hip shimmy
1:34-:40	2	1. Double undulation steps L, R L, R
1:41-1:47	2	1. 4 CCW Counter Circles with FV in vertical arcs to sides
1:48-2:01	4	<ol style="list-style-type: none"> 1. Turn CW, Arms out L fan up, R fan down, switch in front 2. Turn CCW, Arms out R fan up, L fan down, switch in front 3. Turn CW, R arm out/fan out, L arm circles overhead, switch in front 4. Turn CCW, L arm out, R arm circles overhead, recover in front
2:02-2:09	2	<ol style="list-style-type: none"> 1. With fans in meeting 8s, butterfly style – travel L with shimmy and undulation 3xs 2. Reach out front and back and turn CCW to face back
2:09-2:15	2	<ol style="list-style-type: none"> 1. With fans in meeting 8s, butterfly style – travel R with shimmy and undulation 3xs 2. Reach out front and back closing fans and turn CW to face front
2:16-2:24	2	1. Closed Fans lotus hands to fade – end arms down at sides