

Belly Dance Level 1/2 with Nadira Jamal
“Cheat Sheet” Summer 2011
Look how much you know!

Sharp Hip Movements:

- Hip clicks
 - o singles, doubles, triples
 - “I love you, you can’t have me” combo
- Hip shimmy
 - o walking with the hip shimmy*
 - o shimmy layering*
 - hip slide
 - hip circle
- Egyptian nailed
- Hip twists
 - o traveling twists
- Washing machine shimmy
- Knee shimmy
 - o 1-legged variation*
- Hip bumps
- Hip drops
 - o drop-release variation
- Hip ns*
- Hip lifts
- Hit-step
 - o turning with it*
- Sidestep-hit

Upper Body Movements:

- Wrist circles
- Hand waves / wrist undulations
- Sweeps (1 arm or 2)
 - o sunrise
 - o sunset
- Shoulder rolls
- Snake arms
- Chest drop

Soft Hip Movements:

- Hip slides
- Hip circles
- Hip crescents
- Horizontal figure 8s

Full-Body Movements:

- 3-ct turn
- Undulations
 - o ribs only
 - o hips only
 - o alternating ribs & hips
 - o traveling

Arm Frames:

- Framing directs the eye
 - o Point to where they should look
 - o Highlight deviation from center
- Symmetrical frames:
 - o “Look at my butt”
 - o Relaxed horizontal
 - o Extended forward
 - o Behind head
 - o Strong V
 - o Temple pose
 - reverse
 - crossing
- Asymmetrical frames = mix & match
- Hands to heart transition
- The “framing dance” (change frames every 2-8 beats)

* = challenge option

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Footwork Patterns:

- Step-touch (1.5 step)
- Step-together (2 step)
- Chasse step (3-step)
- Fwd-place-back-place (4-step)
 - o grapevine variation
- Cha-cha footwork
 - o add hip clicks
 - o add horizontal 8s*
- Transitions:
 - o touch
 - o step-touch
 - o accordion pleat turns

Finger Cymbals:

- Technique
 - o ringing sound
 - o moving arms while playing
 - o moving body while playing
- Patterns
 - o singles
 - o doubles
 - o rolls (3-3-3-3)
 - o runs (5-5-5-5)
 - o shave & a haircut (1-3-1)
 - o bolero (shave & a haircut for my chicken, 1-3-1-2-2)
 - o beledi (1-1-3-1-3)
 - o (3-5-5)
 - o (5-5-13)
- Playing the melody

Rhythms:

- Bolero
- Malfuf
- Maqsoum
- Beledi (Masmoudi Saghir)
- Ayoub
- Saidi
- Nawari

- Chiftetelli

Songs:

- Bir Demet Yasemen
- Şişeler (“Shisheler”)
- Istemem Babacim
- Soode Soode
- Samra Ya Samra
- Raks Leyla
- Habibi Ya Eini
- Ah Ya Sein
- Al Ya Ein Mulayitein
- Ya Mustapha

Concepts:

- Compositional skeletons for improvisation
- 8-8-4-4-2-2-2-2 pattern
- Circle & spin entrance
- Call & response
- 60 second rule
- “Pee on the stage”
- Accents:
 - o All
 - o Just the most prominent
 - o Setup & boom!
- Noodling
 - o Dance-noodling
- Safety moves

* = challenge option