

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

Shimmies:

- Hip shimmy
- Knee shimmy
- Twisting shimmy

Sharp Hip Moves:

- Hip clicks
 - o Singles
 - o Doubles
 - o Triples
 - I love you, you can't have me combination
- Hip lifts
- Hip Twists
- Hip Drops

Soft Hip Movements:

- Hip slides
- Hip circles
- Hip crescents
- Circle and a half
- Horizontal figure 8s

Arm Movements:

- Wrist circles
- Sweeps (1 arm or 2)
 - o Up & down (bird wings)
 - o Sunrise arms
 - o Sunset arms
- Shoulder rolls
- Snake arms

Traveling Steps:

- Hit-step
- Sidestep-hit
- Step-touch (1.5 step)
- Chasse (3-step)
- Forward-place-back-place (4-step)
- 3-ct turns

Concepts:

- Posing
 - o Hold & smile (Bing!)
- Vary the size
- Timing Patterns
 - o Quick-quick-slow
 - o Slow-quick-quick
 - o Tango: Slow-slow-quick-quick-slow
 - o Slow-slow-med-med-quick-quick-quick-quick

Other Skills:

- Learning old world style (i.e., “follow the bouncing butt”)
- Plug & play choreography (i.e., intro to improvisation)

Plug & Play Choreography

by Nadira Jamal

Music: "Leyla" from Belly Dancing for Fortune and Fame by the Mogador Band

Intro

If starting on stage: hip drops. Optional: arms sweep out & up, then down along your silhouette.

If starting off stage: wait.

Verse 1: Traveling

Travel in a large circle, using your choice of traveling step.

(Ex: step-together-step)

Chorus 1: Accents

Option 1: Your choice of sharp accent in a slow-quick-quick timing pattern.

Option 2: "Setup & Boom", i.e., change frame (setup), then do one sharp accent (boom).

Transition: Spin

Spin for 8 counts.

Verse 2: Traveling

Travel in a large V (left corner, retreat, right corner, retreat), using your choice of traveling step.

(Ex: I love you, you can't have me combo)

Chorus 2: Accents

Same as Chorus 1, or you may choose different moves.

Transition: Spin

Spin for 8 counts.

Taqsim:

Option 1: Shimmies.

Option 2: Soft moves

Option 3: Armwork

(Tip: you can mix & match, but pick one option to dominate.)

Verse 3: Traveling

Travel in a large circle, using your choice of traveling step.

(Ex: step-together-step)

Chorus 3: Accents

Same as Chorus 1, or you may choose different moves.

Transition: Spin

Spin for 8 counts. End in a beautiful pose.

Nadira Jamal

nadira@nadirajamal.com

<http://www.BellyDanceSomerville.com>