

Belly Dance Vocabulary - Glossary

For all movements followed by a FCBD Video #, please reference that FatChanceBellyDance video or the online resource *American Tribal Style – Steps and Cues* located at <http://community.livejournal.com/omdancecenter/> (then scroll down the page to find it).

Glossary Notes:

1. *Basic dance posture: knees soft, pelvis slightly tucked, shoulders back and down, chest slightly lifted, head in line with spine and hips. **Maintain basic dance posture throughout movements unless otherwise noted.***
2. *Home Positions:*
 - a. *Home position A is basic dance posture with feet hip width apart, weight distributed evenly between right/left feet and heavy in the heels ;*
 - b. *Home position B is basic dance posture with feet hip width apart but with the right foot raised on the ball and right leg bent to keep hips level;*
 - c. *Home position C is basic dance posture but up on the balls of both feet, right foot in front of left, weight evenly distributed between right/left feet.*
3. *Movement names in parentheses are other names that the movement may be called by other dancers/teachers. Names of movements are not very standardized.*
4. *When it is noted that a movement is based on or related to another movement, it will often help to review or work on the base or related movements if having trouble with the current movement.*
5. *Numbers in parentheses are the beat counts.*

Basic Movements:

Basic Hips:

Backward Figure Eight

Horizontal hip figure eight, related to Hip Twists and Hip Slides. This is a slow, steady, continuous movement. From Home Position A, bend knees into a slight squat and twist right hip forward and left hip backward. Keeping hips in this position, slide them to the front right corner while shifting your weight slightly to the right foot. Push the right hip out while moving it backward to the back right corner. Slide hips to front left corner while shifting your weight slightly to the left foot. Push the left hip out while moving it backward to the back left corner. You are now ready to continue by either sliding the hips to the front right corner for another figure 8 or sliding to center and returning to Home Position A for a movement change. The hips should not move up or down at all, chest and head should remain stationary.

Egyptian (fcbd #1)

Figure Eight - Taxeem (fcbd #1)

Vertical hip figure eight, related to Hip Locks and Hip Slides. This is a slow, steady, continuous movement. From Home Position A, bend right knee to sink the right hip down and tighten left obliques to keep the left hip in and high. Keeping the hips in this position, shift weight to right foot while sliding hips as far to the right as they will go. Keeping the right hip out as far as possible, scoop it up. This involves pushing out while simultaneously straightening the right leg and bending the left, and simultaneously lifting with the right obliques while relaxing the left obliques. Once the right hip is as far up as it will go, sink the left hip down while returning weight to both feet. You are now in Home Position A, but with the left knee bent with left hip pressed down and right leg straight with right hip drawn up with right obliques. Keeping the hips in this position, shift weight to left foot while sliding hips as far to the left as they will go. Keeping the left hip out as far as possible, scoop it up. This involves pushing out while simultaneously straightening the left leg and bending the right, and simultaneously lifting with the left obliques while relaxing the right obliques. Once the left hip is as far up as it will go, sink the right hip down while returning weight to both feet. You are now in Home Position A, but with the right knee bent with right hip pressed down and left leg straight with left hip drawn up with left obliques and ready to slide over to the right again. Hips should not move front/back, head and chest should remain stationary.

Forward Figure Eight

Horizontal hip figure eight, related to Hip Twists and Hip Slides. This is a slow, steady, continuous movement. From Home Position A, bend knees into a slight squat and twist right hip backward and left hip forward. Keeping hips in this position, slide them to the back right corner while shifting your weight slightly to the right foot. Push the right hip out while bringing forward to the front right corner. Slide hips to back left corner while shifting your weight slightly to the left foot. Push the left hip out while bringing it forward to the front left corner. You are now ready to continue by either sliding the hips to the back right corner for another figure 8 or sliding to center and returning to Home Position A for a movement change. The hips should not move up or down at all, chest and head should remain stationary.

Hip Bumps (fcbd #1) (used in all Pivot Bump and Choo Choo steps)

From Home Position B, gently press the ball of the right foot into the floor (without putting weight on it) and sharply raise the right hip on the beat by straightening right leg without putting foot flat on the floor. Gently drop hip to neutral before bumping up on next beat. To sharpen the bump, tighten the right glute while raising the right hip.

To turn (Pivot Bump – fcbd #1), while lifting right hip shift weight to right foot just enough to lift left heel slightly in order to pivot left foot to the left. Put full weight back on left foot before dropping hip.

For ½ turn (Single Bump Half Turn – fcbd #7): (1) Step ball of right foot out toward front left corner to bump hip up while pivoting left foot a ¼ turn, (2) bring ball of right foot back to home position shifting weight onto it just enough to pivot left foot another ¼ turn, (3) step ball of right foot out toward back right corner to bump hip up pivoting left foot another ¼ turn, (4) bring ball of right foot back to home position shifting weight onto it just enough to pivot left foot to original position.

Hip Circles

Based on Hip Slides. From Home Position A, slide hips out to right, then to the front, then to the left, then to the back, and return to the right, smoothing out the circle in between points. Hips should not move up or down and pelvis should not tilt forward or back relative to the floor.

Hip Double Sways

Same as Hip Sway, but after closing the door pull hip back a little and bump the door again before switching to other side.

Hip drop (in place, turning)

From Home Position B, gently press the ball of the right foot into the floor (without putting weight on it) and straighten right leg without putting foot flat on the floor, to raise right hip up. Drop hip sharply to home position (level) on the beat. To sharpen the drop, tighten the left glute while dropping the right hip.

To turn, while lifting right hip shift weight to right foot just enough to lift left heel slightly in order to pivot left foot to the left. Put full weight back on left foot before dropping hip.

Hip drop-kick (in place, turning)

Related to Hip Drops. While doing a Hip Drop, on every 2nd beat, while dropping hip sharply, raise the right foot slightly off the floor and forward to allow the right hip to drop deeper than home position. The right hip should continue the movement straight down without pushing the left hip out. Bring the ball of right foot back to the home position for next beat doing a regular Hip Drop.

Hip locks

This movement uses the legs as pistons. Also think of how a teeter-totter moves, your navel is the center point of the teeter-totter. From Home Position A, bend knees into a slight squat, then straighten right leg (don't lock knee!) to lift right hip straight up. Bend right knee and straighten left (don't lock knee!) to drop right hip down and lift left hip straight up. Hips should not move side to side or front/back – only up and down.

To sharpen locks, squeeze the glute on same side as the hip going up.

Hip Slides

The hips move from side to side (or front to back) on an even plane – like an old typewriter. From Home Position A, keeping chest still, slide hips in a straight line in desired direction. Think about sliding along a counter or table top. Besides pushing out to the side, you may also need to think about pushing down slightly with your side muscles above the outside hip. The hips should not move up or down at all.

When sliding forward/backward, do not arch lower back or tuck to the front– the tilt of the pelvis relative to the floor should not change.

Hip Sways

With feet a little further than hip-width apart, pretend you're closing the car door with your hip. Weight switches to foot of the hip that is closing the door.

Hip Twists

This is the washing machine agitator. From Home Position A, leaving shoulders and chest still, twist right hip forward while left hip twists back. There should be no up/down movement of the hips. Think of your navel staying in one place and twisting around it.

Pelvic Floor Circles (Oomi, Umi, Omi, Internal Hip Circle)

Based on Hip Locks. From Home Position A, bend knees into a slight squat, then straighten right leg (don't lock knee!) to lift right hip straight up. Straighten left leg to level the hips while tucking pelvis – think of pulling navel back towards the spine. Bend right knee and return pelvis to home position, dropping right hip down and keeping left hip lifted straight up. Return to Home Position A, except keep knees bent if continuing with circles. Smooth out the transitions. Hips should not move side to side or front/back – only up and down on the sides, and pelvis tilting forward and then returning to home.

Reverse Figure Eight – Maya (fcbd #4)

Vertical hip figure eight, related to Hip Locks and Hip Slides. This is a slow, steady, continuous movement. From Home Position A, bend knees into a slight squat, then straighten right leg (don't lock knee!) to lift right hip straight up, using right obliques to pull hip as high as possible. Keeping hips in this position, shift weight to right foot while sliding hips as far to the right as they will go. Keeping the right hip out as far as possible, push it down towards the ground. This involves pushing out while simultaneously bending the right leg and straightening the left, and while lifting the left hip with the left obliques. Once the right hip is as far down as it will go, hold it down while lifting with the left obliques and returning weight to both feet. You are now in Home Position A, but with right knee bent with right hip pressed down and left leg straight with left hip drawn up with left obliques. Keeping the hips in this position, shift weight to left foot while sliding hips as far to the left as they will go. Keeping the left hip out as far as possible, push it down toward the ground. This involves pushing out while simultaneously bending the left leg and straightening the right, and while lifting the right hip with the right obliques. You are now in Home Position A, but with the left knee bent with left hip pressed down and right leg straight with hip drawn up with right obliques and ready to slide over to the right again. Hips should not move front/back, head and chest should remain stationary.

Walking Taxeem (fcbd #7)

Shimmies:

³/₄ Shimmy Drops (basic shimmy layered over reverse taxeem) (fcbd #4-in the layering section)

Arabic Shimmy (fcbd #4-in the layering section)

Basic Shimmy (³/₄ Shimmy) (fcbd #1)

Related to Hip Locks.

Egyptian Shimmy

Related to Hip Locks. To develop your Egyptian Shimmy, begin by doing hip locks. Gradually speed the movement up to a shimmy. This shimmy is driven by the legs and glutes.

Ghawazee Shimmy (fcbd #7)

The same as a Double Hip Sway.

Turkish shimmy (fcbd #4)

Related to Hip Locks.

Basic Upper Body:

Arabic (fcbd #1)

Arm Undulations (Snake arms) (fcbd #1)

Belly rolls (fcbd #1)

Bodywave (fcbd #1)

Deep Bodywave (fcbd #4)

Hand Floreos (fcbd #4)

Head Slides (fcbd #4)

Leaning Snake

Related to Arm Undulations (Snake Arms). Keep hips in place, and while raising right elbow lean torso out to the right side, then while raising left elbow lean torso out to the left side.

Rig Cage Figure Eights

Rib Cage Rotation (fcbd #1)

Rib Cage Slides

Standing in Home Position A and keeping hips and shoulders in place, contract the right obliques (think where your bra sits on your side) to push your ribs straight out to the left. Then contract the obliques on the left to push your ribs out to the right.

Related to Rib Cage Slides. Standing in Home Position A and keeping hips in place, drop your right shoulder down toward your right hip. Slide rib cage to the right while raising right shoulder and lowering left shoulder. Slide rib cage to the left while raising left shoulder and lowering right shoulder. Repeat.

Shoulder Figure Eights

Shoulder Shimmy (fcbd #4)

Shoulder Shimmy Triplets ($\frac{3}{4}$ Shoulder shimmy) (fcbd #4)

Torso Rotation (Rig cage circle layback) (fcbd #1)

Walking Bodywave (fcbd #7)

Combination Steps:

4 Corner Turn

Arabic 1-2-3 or Up2 Down 3 (fcbd #4)

Arabic Hip Twist (Seaweed) (fcbd #4)

Arabic Hip Twist (Seaweed) with $\frac{1}{4}$ turn

Based on Arabic Hip Twist. Cue by looking over left shoulder on (1), follow through with the Arabic Hip Twist except on (4) turn toes of left foot toward back left corner before transferring weight to left foot. Begin next Arabic Twist toward direction left foot is now facing. Repeat $\frac{1}{4}$ turns until back to original direction.

Arabic Hip Twist Flourish (Seaweed with full turn) (fcbd #7)

Arabic Orbit (fcbd #7)

Arabic Shimmy w/Arms and Turn ...and in a Face and in a Circle (fcbd #7)

Barrel Turn (fcbd #7)

Body waves – small, small, big

This is a series of two regular bodywaves followed by a deep bodywave. There is no count to this step since these are slow movements, but the deep bodywave should take as long to execute as the two regular bodywaves put together.

Camelwalk (fcbd #4)

Cha-cha

Charleston

Chico-Four Corners (fcbd #7)

Choo Choo Arc (fcbd #4)

Choo Choo Doubles (fcbd #4)

Choo Choo Singles (fcbd #4)

Choo Choo Square

Based on the Choo Choo Arc. To move the Choo Choo in square, perform a Choo Choo Arc, but make the turn a $\frac{3}{4}$ turn; in other words, stop the turn when you are facing the wall you were just moving towards. Continue to Choo Choo Arc with $\frac{3}{4}$ turns until facing the original direction. This is a 32 count combo (4 sets of 8 counts).

Circle Step (fcbd #4)

Corkscrew Turn (fcbd #4)

Double Back ...with Half Turn (fcbd #7)

Egyptian (fcbd #1)

Egyptian Full Turn (fcbd #7)

Egyptian Half Turn (fcbd #4)

Forward, Forward, Drop-drop-drop (fcbd #4)

Ghawazee Shimmy Combo (fcbd #7)

Greeting Walk

Related to hip locks. This combo must be cued out of Hip Locks with hands framing hips. While doing Hip Locks facing front left corner, cue by turning toward front wall and continue Hip Locks for at least 4 counts. To cue beginning of walk, bring elbows back and up on the “and” before the next (1). Beginning on the (1) count with right foot, walk forward right, left, right, left doing a hip lock with each step and doing offering arms into an upward V. Keep arms in upward V while walking backward right, left, right, left. Lower left arm with palm up toward front wall while walking toward front right corner, right, left, right, left, then backward away from front right corner, right, left, right, left. Switch arms to left up and right pointing palm up toward front wall while walking toward front left corner, right, left, right, left, then backward away from front left corner, right, left, right, left. End facing front left corner by dropping hands back to frame hips and doing at least 4 more counts of Hip Locks.

Hip drop 4/ Wave

Combo must be cued out of a movement with arms overhead. On the “and” before the next (1) count, look over right shoulder toward the floor. On (1) begin Hip Drops for 4 counts while lowering arms to behind lower back. Then do two Arabics (4 counts total) while bringing arms back to overhead. This is an 8 count combo. To cue another Hip Drop 4/Wave look over

right shoulder again on the “and” before the next (1). To cue going into another movement, keep head obviously NOT looking to the right.

Layback (fcbd #7)

Momma Lockback

Momma Turn

Related to Hip Circles. Bring hands to cup in front of low belly (womb) to cue the combo. Facing front wall and moving feet in a straight line, begin hip circle left to right through the front while stepping sideways with right foot (1), finish hip circle right to left across the back while bringing left foot to meet right (2). Begin another hip circle left to right through the front while stepping sideways with right foot (3), extend right hand (still cupped) out to right while bringing left foot to meet right, “sit” on right hip (4). Repeat in other direction for a total of 8 counts. Repeat 3 more times, but while stepping on (1) turn right foot to align body along next angle. Sequence one facing front wall, sequence two faces back right diagonal, sequence three faces back left diagonal, sequence four faces front left diagonal and ends ready to transition. This is a 32 count combo.

Ocean tilt – 4 corners then ½ turns

Propeller Turn (fcbd #4)

Reach and Sit (Stick pivot) (fcbd #4)

Resham-ka (fcbd #7)

Reverse Turn (fcbd #7)

Sahra Turn (fcbd #7)

Single Bump Half Turn (fcbd #7)

Spins (fcbd #7)

Sunanda (fcbd #7)

Tornado Bump

Torso Rotation (Rib circle layback), 2 Figure eights

Torso Rotation (Rib circle layback), 2 Hips circles

Torso Twist (fcbd #4)

Trance Dance

Tree

Cue the Tree just like a regular Arabic by plunging hands down the front on the “and” before the next (1) count. Bring hands to overhead while doing two Arabics (4 counts total) then continue alternating weight on feet while circling arms straight overhead from left, across front to the right, across back to the left with each of the next two Arabics (another 4 counts total). Relax the torso a bit for the tree arms, allowing the torso to “sway” with the arms while the hips and feet continue the Arabic movement. This is an 8 count combo. To cue another tree look over right shoulder on the & before the next (1) count.

Tunisian

Turkish Shimmy w/arms & turn ...and in a circle (fcbd #7)

Warrior Hop

Warrior Lunge

Water & Crown

Water Pot (fcbd #7)

Wet Dog! (fcbd #7)

Basket Steps:

Marie’s Bump & Wave

With left hand up and right hand holding basket beside right hip, do two hip bumps (1-2), raise onto toes to do three Arabics while switching hand positions (3-4-5) and then returning hands to original position (6-7-8), ending with flat left foot on (8). To cue another Bump & Wave let gaze follow basket when coming down. This is an 8 count combo.

Ingrid’s Shimmy Rotation

Basic Shimmy while scooping basket in front and ending overhead (1-2-3-4), Egyptian Shimmy while bringing basket down to chest level (5-6-7-8). Do a Torso Rotation while circling basket right, front, left, return (1-2-3-4). Hold basket at chest level with elbows out while doing one hip circle (5-6-7-8). Cue step from basket in front position by lifting shoulders before scooping. This is a 16 count combo.

Tracy’s Choo-Choo Combo

Choo-choo directly toward right wall (1-2-3-4-5-6-7-8) with basket in right hand. With basket overhead and switching it to left hand, pivot bump a complete turn (1-2-3-4). While continuing to hip bump with right hip lower basket toward left wall on left hand leaving right hand up (5-6) then do a weight shift change (7 & 8) preparing to repeat on opposite side. To cue another Choo-Choo Combo, end facing front wall but looking at right wall then lower basket (5-

6) and do weight shift change (7-8). If not cueing another Choo-Choo Combo end on left front diagonal and finish with four hip bumps (5-6-7-8). This is a 32 count combo.

Shoulder-Shoulder, Hip-Hip

While doing hip twists starting with right hip coming forward on (1), bring basket to meet right shoulder (1), left shoulder (2), right hip (3), left hip (4). Repeat once (5-6-7-8). Then double speed, right shoulder (1), left shoulder (&), right hip (2), left hip (&). Repeat 3 times (3 & 4 & 5 & 6 & 7 & 8 &). This is a 16 count combo.

Scoop & Sift

From basket in front position, bend left knee while extending and flexing right foot and hinging at the hips with a straight back scoop basket down to hips and along leg (1-2) then bring feet together and basket to belly (3-4). Let basket follow hips while doing one taxem on each side (5-6-7-8). Cue beginning of scoop by slightly lifting shoulders. This is an 8 count combo.

Baskets in a Circle

Ocean Wave

While in a circle and facing forward, extend arms to sides with basket in right hand and left hand cupped palm upward. Keeping arms positioned the same relative to each other step right foot into circle and tilt torso left lifting basket (1), step right foot by left foot and pivot counter-clockwise (2-3-4), step right foot away from circle and lift basket (5), step right foot by left foot and pivot counter-clockwise (6-7-8). To cue another wave look into circle on second pivot. To cue out of the Ocean Wave, look front on second pivot and bring arms to basket in front position on (8).

Deb's Connected Circle

While in a circle, Scoop & Sift three times, Ocean Wave three times, Pivot Bump with arm position two and basket in right hand for 4 counts, lower arms for 4 counts and end connected. Do vine step until someone breaks to take lead.

Basket Transition steps

Jennie's Basket Pass

Whenever a vine step is chosen to transition out of the lead, vine with arms in basket in front position for 8 counts, then continue vine step by counting 4's and pass baskets on (1) until you receive your basket back, then continue original vine until someone takes lead or turns toward center to do steps in a circle.

Basket on Left Hip

Rest basket on left hip and extend right arm to signal this transition. Begin moving with a hip lock step narrowing circle until extended right hands touch in center. Continue until someone breaks to lead or turns toward center to do steps in a circle.

Transition Circle steps:

3/4 Shimmy walk

Arabic

Choo Choo Turns

Egyptian basic walk

Vine – Hands touching

Vine – Seaweed arms

Vine w/turn on 4

Water & Crown

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.