

Belly Dance Vocabulary

Rhythms:

- Beledi (Arabic)
- Ayoub (Turkish)
- Chiftitelli (Turkish)
- Maksoum (Arabic)
- Sahidi (Egyptian)
- Masmoodi (Arabic)
- Rhythm: Bolero (Cuban)
- Malfoof
- _____
- _____
- _____

Formations:

- Half Circle to Circle
- Duet
- Trio
- Quartet
- Center Out
- Duet Pull
- Tag, You're Out
- Rotating Circle
- _____
- _____
- _____
- _____

Fast Movements:

- Hip Locks
- Basic Shimmy (3/4 Shimmy) (fcbd #1)
- Egyptian (fcbd #1)
- Arabic (fcbd #1)
- Pivot Bump (fcbd #1)
- Choo choo (fcbd #1)
- Egyptian Walk
- Egyptian Half Turn (fcbd #4)
- Arabic Step (flat-ball-ball-ball) (fcbd #1)
- Arabic Hip Twist (fcbd #4)
- Vine – Seaweed arms
- Vine – Hands touching
- Vine w/turn on 5
- Pivot Bump/Choo Choo w/arm 1 and arm 2 (fcbd #1)
- Turkish Shimmy (fcbd #4)
- Arabic Hip Twist with ¼ turn
- Arabic Hip Twist Flourish (fcbd #7)
- Turkish Shimmy ½ turn
- Reach and Sit (fcbd #4)
- Shoulder Shimmy (fcbd #4)
- Choo Choo Singles (fcbd #4)
- Choo Choo Doubles (fcbd #4)
- Choo Choo Arc (fcbd #4)
- Greeting Walk
- Hip drop 4/ Wave
- Arabic 1-2-3 or Up2 Down3 (fcbd #4)
- Forward, Forward, Drop-drop-drop (fcbd #4)
- Arabic Shimmy w/Arms and Turn ...and in a Fade and in a Circle (fcbd #7)
- Shoulder Shimmy Triplets (fcbd #4)
- Arabic Orbit (fcbd #7)
- Egyptian Full Turn (fcbd #7)
- Chico-Four Corners (fcbd #7)
- Water Pot (fcbd #7)
- Single Bump Half Turn (fcbd #7)
- Spins (fcbd #7)
- Ghawazee Shimmy Combo (fcbd #7)
- Sunanda (fcbd #7)
- Double Back ...with Half Turn (fcbd #7)
- Resham-ka (fcbd #7)
- Turkish Shimmy w/arms & turn ...and in a circle (fcbd #7)
- Wet Dog! (fcbd #7)
- Tree
- Water & Crown
- Momma Lockback
- Choo Choo Square
- Tornado Bump
- Warrior Hop
- Trance Dance
- Tunisian
- Charleston
- Cha-cha
- Ocean tilt – 4 corners then ½ turns
- 4 Corner Turn
- Warrior Lunge
- Hip drops
- Hip drop-kick (in place, turning)
- ¾ Shimmy Drops
- Hip Sways
- Egyptian shimmy
- Hip Twists
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Basket Movements:

- Deb’s Connected Circle
- Jennie’s Basket Pass
- Marie’s Bump & Wave
- Ingrid’s Shimmy Rotation
- Tracy’s Choo-Choo Combo
- Shoulder-Shoulder, Hip-Hip
- Ocean Tilt
- Scoop & Sift
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Sword Movements:

- Kneeling Blessing
- Presentation Lunge
- Flat Circle Twist
- Duet Switch
- Hip Sit
- Shoulder Spin
- Wave Down & Up
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

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.