

***JOY*ful Shimmies Bellydance**

Belly Dance Vocabulary – Level 2

Level 2 classes are set up on a 16 week (4 session) rotating schedule. The goal of Level 2 classes is to learn not only the steps themselves, but also how to lead/cue each step and to smoothly transition into and out of each step. Please note that it will take **at least** two rotations to accomplish this goal and that completion of this goal is required before joining Level 3 classes. This check sheet is provided for your own personal use, and it is recommended that you keep track of which steps you have mastered according to the above goal. In this way you'll know which steps you still need more practice with in leading, cueing and transitioning, allowing your class time to be used to the fullest by incorporating those steps during group and formation dancing.

If this is your first time through Level 2 classes, please plan on spending group dancing time learning to dance and lead in the chorus. Dancing in the chorus is a wonderful way to drill your own technique in the basic moves and to begin learning cues and transitions in a less stressful format than in formations. Steps noted with *, along with most of the steps learned in Tribal Fundamentals (Level 1), are great for leading in the chorus. You will still have time each class session to dance in formations while learning and drilling the new steps. On subsequent rotations through Level 2 classes there will be more opportunity for you to dance in formations during group dancing, working on cues and transitions for the more complicated steps.

Week One

Arabic variations: side travel w/cues

Hip-lock Lift (GC)

Review/drill, formations/chorus

Week Two

Arabic 1-2-3*, w/turn

Review/drill, formations/chorus

Week Three

Reverse Taxeem* (Maya) & dbl Maya (GC)

Review/drill, formations/chorus

Week Four

Arabic Hip Twist quarter & half turns

Review/drill, formations/chorus

Week Five

Forward, Forward, Drop-drop-drop

Reach and Sit

Review/drill, formations/chorus

Week Six

Resham-ka

Review/drill, formations/chorus

Week Seven

Propeller Turn

Corkscrew Turn

Review/drill, formations/chorus

Week Eight

Shoulder Shimmy*

Ghawazee Shimmy* Combo

Review/drill, formations/chorus

Week Nine

Double Bump*

Single Bump*

Review/drill, formations/chorus

Week Ten

Egyptian Full Turn

Choo-Choo Arc

Review/drill, formations/chorus

Week Eleven

Ribcage Rotation*

Body Wave* (deeper)

Review/drill, formations/chorus

Week Twelve

- Sunanda

Review/drill, formations/chorus

Week Thirteen

- Greeting Walk

- Hip-drop 4 Wave

Review/drill, formations/chorus

Week Fourteen

- Turkish Shimmy w/ half turn

Review/drill, formations/chorus

Week Fifteen

- Camel Walk

- Reverse Turn

Review/drill, formations/chorus

Week Sixteen

- Arabic Shimmy*

-w/arms and turn

Review/drill, formations/chorus