

***JOY*ful Shimmies Bellydance**

Belly Dance Vocabulary – Level 3

Level 3 classes are set up on a 16 week (4 session) rotating schedule. The goal of Level 3 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. 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 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.

Week One

- Double Back ...with Half Turn
- Review/drill, formations/chorus

Week Two

- Reverse Shimmy
- Review/drill, formations/chorus

Week Three

- Arabic Shimmy w/Arms and Turn ...and in a Fade & in a Circle
- Review/drill, formations/chorus

Week Four

- Barrel Turn
- Review/drill, formations/chorus

Week Five

- Single Bump Half Turn
- Review/drill, formations/chorus

Week Six

- Tunisian (GC)
- Review/drill, formations/chorus

Week Seven

- Arabic Orbit
- Review/drill, formations/chorus

Week Eight

- Hip Lift Side Step (GC)
- Review/drill, formations/chorus

Week Nine

- Spins
- Review/drill, formations/chorus

Week Ten

- Wrap Around Turn
- Review/drill, formations/chorus

Week Eleven

- Water Pot
- Review/drill, formations/chorus

Week Twelve

- Arabic Hip Circle (GC)
- Review/drill, formations/chorus

Week Thirteen

- Turkish Shimmy w/arms & turn ...and in a circle
- Review/drill, formations/chorus

Week Fourteen

- Wet Dog!
 - Laybacks
- Review/drill, formations/chorus

Week Fifteen

- Sahra Turn
- Review/drill, formations/chorus

Week Sixteen

- Chico-Four Corners ...and Duet Crossover
- Review/drill, formations/chorus