



Basic movements covered in Fundamentals

These are the movements covered in “Fundamentals” my introductory technique course. This comprehensive list is thoroughly covered in the 10 week course, some techniques are omitted in the 6 week version. They are common to most styles of bellydance and it is important that you can execute them confidently and safely before you move on to beginner/improver classes. Even if you have danced before, I would recommend that you begin with this course before taking my other classes, to become familiar with the language, style and technique I will be using.

Hips

Taqs/vertical hip bumps
Pelvic tilt
Hip lift
Hip drop
Hip twist
Hip slide
Flat/external hip circle
Pelvic circle/internal hip circle/umi
Lower body camel
Mayas/down vertical hip 8s
Horizontal hip 8s
Baladi/upward vertical 8s

Upper body

Shoulder locks (front-back)
Chest lift
Chest slide
Snake arms
Head slide

Shimmies

Egyptian/straight legged/knee
Shoulder
Turkish/vertical hip shimmy

Footwork

Forward/back step
Grapevine
Step-place