

## **Level II Fundamentals Movement Curriculum** (Beginner II & Intermediate I)

The fundamentals Levels I & II movements are your foundation building blocks and will continue to be drilled and refined throughout your dance career. For this reason, fundamentals level 1 and 2 are the most important classes in your dance career.

This is the second level of basic ground floor bellydance movement. Content varies by semester.

### **When are you ready to move on?**

Learning is unique and individual to you, but to give you an idea of a time line, most students take at least 4 semesters of Fundamentals Level 2 before moving on – often more. There is no race, you may find a class that is comfortable for you and never decide to move on! It all depends on you, why you are learning the dance and what you get out of it. From here on out you are working towards getting the movements into your muscle memory and truly beginning the life-long journey of mastery.

If your goal is to move on, I will need you to be able to recognize and describe the level II movements (including isolations and layered movements) verbally and perform them reasonably well without further breakdown or assistance from me.

### **Choreography**

A short dance is taught each semester (one each in fall & winter). These dances are meant only as tools for you to practice putting movements to music with. Accompanying choreography is discussion and learning around the style of music, rhythms used & cultural information. Choreographies taught in this class are rotated over several semesters. If you have been in this class for awhile, you may have a chance to revisit dances learned earlier in your career.

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## **Movements Taught**

In this class you will expand upon the skills you learned in Level 1 Fundamentals, adding to your foundation with undulations, layering, & more complex combinations

### **On-going review of posture within various dance movements, including a neutral body position**

#### **Hip & Leg Movements**

- Maya
- Umi
- Suhair zaki hips (down-drop hips/stepping hip drops i.e. single drop onto weighted leg)
- Sit-kicks (Baladi kicks): flat, twisting
- Elephant (half-circle across the front) with tuck, arms
- Hesitation step

#### **Shimmies will be layered onto hips on the horizontal plane:**

- glide side to side
- glide front to back
- tracing shapes – square, diamond, circle
- basic hip circle

#### **Travel Steps**

- Egyptian back walk (i.e. drop/step back)
- Cross-point with shoulder rolls
- Shimmy walk: double bump,  $\frac{3}{4}$  “up, intro to hagallah shimmy walk ( $\frac{3}{4}$  shimmy drop). Note: you are not expected to perfect shimmy walks as they will continue to be honed throughout your dance career.
- Walking Hip Lift (Basic Egyptian) triplet variation
- FB step (front/back step) with shimmy

- Twist step at speed
- Tush push (lazy accent walk), with abdominal contraction, with undulation, with shimmy
- Arabesque step & variations
- Arabic steps with undulation
- Walking hip circles

**Arms & Hands: developing graceful hands and arms are an on-going process, constantly perfected throughout the levels**

- standard arm frames
- arms that accompany particular individual movements
- wrist circles and hand undulations

**Shoulder shimmies will be layered onto Chest movements:**

- glide side to side
- glide front to back
- lift, lower
- tracing shapes – square, diamond, circle

**Leg Shimmies**

- Egyptian knee shimmy with weight shifts, on toes, posed, layered
- Stepping shimmy (ballet shimmy/toe shimmy)
- Tension shimmies
- Earthquake shimmy

**Stomach work: stomach isolations and undulations are an on-going process, constantly perfected throughout the levels**

- belly roll up & down (isolated muscular undulation)
- accent: stomach pop
- adding stomach work to torso undulations – introduction

**Undulations**

- isolated upper/mid torso
- isolated lower torso/hip
- belly rolls
- body wave up
- full torso undulation down
- arm (snake arm & variations)

**Veil**

- raqs sharqi-style entrance
- form & technique
- American veil work: simple & complex sculptures & frames

**Finger Cymbals (zills/sagat)**

- Basic triplet pattern (123, 123, 123, 123)
- Baladi pattern (1,1,123,1,123)
- Various accompanying rhythms – for example: 123,123, 1234567 & 123, 12345, 12345 & 1234567123, 123

**Introduction to Rhythms**

- Masmoodi kebir (big masmoodi)
- Masmoodi seghir (little masmoodi/baladi)
- Saiidi
- Chiftitelli
- Laff (various entrance rhythms referred on the whole to as “luff)

**Introduction to Folklore**

## **Taxim & Improvisation Practice & Drills**

### **Transitions**

**Building Combinations** (pre-choreography), static & traveling, solo & in groups

**Combining multiple movements into one** (i.e. step-touch with chest pop & arms)

### **Entrances & Exits**

*This is not a comprehensive list. This list has been assembled as a tool to help you in your practice at home and to give you an idea of the different topics covered in each level. There are many variables that factor into how fast we cover the material and what material will be presented each semester.*