

Date: _____

Name: _____

Assessor: _____ Grade: _____

AhlamAcademy.com

2 Points/Item (.5 Point/Box)

SKILLS ASSESSMENT 1

BEGINNER TECHNIQUE

Ahlam Academy of Middle Eastern Dance Level 1

Basic Body	1	2	3	4	5	Comments
Posture						
Hands						
Arms						
Relaxation						
Breathing						
Feet Under Hips						
Egyptian Knee Shimmy						
Upper Body	1	2	3	4	5	Comments
Head Slides						
Hand Undulations						
Hand Circles in/out						
Shoulder Rolls each,alt						
Snake Arms singles						
Chest Lift & Drop						
Chest Twist						
Chest Shimmy						
Vertical Chest Circle R/L						
Chest Slide F/B/R/L						
Horizontal Chest Circle R/L						
Tummy Expansion/Contraction						
Chest Undulation F/R						
Full Undulation F/R						

Lower Body	1	2	3	4	5	Comments
Unweighted Hip Lift						
Unweighted Hip Drop						
Hip Twist						
Twist Shimmy						
Hip Slides F/B/R/L						
Horizontal Hip Circle						
Vertical Hip Circles (R&L, F&B)						
Side Hip Bump						
Weighted Hip Lifts						
Weighted Hip Drops						
Hip (Pelvic) Tilts						
Horizontal Figure 8						
Front Hip Bumps						
Hip Undulation F/R						
Travelling Steps	1	2	3	4	5	Comments
Step Touch F/B/turn						
Dancer's walk						
Step together step						
Grapevine (step Frt/Bck)						
Cross Touch F/B						
3 Step Turn						
Triple Step F/B						
Step Cross						
Rocking Step						
Zills	1	2	3	4	5	Comments
Rings						
Clacks						
Teks						
Roll (each strike)						
3 Pattern						
3-3-7 Pattern						