

BELLY DANCE ESSENTIALS

Learn and practice all of AAMED's Level 1 technique in one month!

STEP 1: WARM-UP WITH THE ESSENTIAL MOVEMENTS

THE ESSENTIAL MOVEMENTS OF BELLY DANCE

- ☐ Knee Shimmy
- ☐ Head Slides
- ☐ Shoulder Rolls
- ☐ Hip Twist
- ☐ Chest Slides
- ☐ Chest Lift/Drop
- ☐ Chest Twist
- ☐ Hip Slides
- ☐ Hip Tilts

STEP 2: EACH WEEK, LEARN/PRACTICE NEW MOVEMENTS, STEPS, AND ZILLS

WEEK 1

Upper Body

- ☐ Hand Circles
- ☐ Snake Arms

Lower Body

- ☐ Side Hip Bumps
- ☐ Horizontal Hip Circles

Travelling Steps

- ☐ Dancer's Walk
- ☐ Step Touch
- ☐ 3-Step Turn

Zills

- ☐ Rings
- ☐ Play Note Values
Whole, half, quarter, eighth

WEEK 2

Upper Body

- ☐ Chest Undulations
- ☐ Vertical Chest Circles

Lower Body

- ☐ Vertical Hip Circles
- ☐ UnWeighted Hip Lifts & Drops

Travelling Steps

- ☐ Cross Touch
- ☐ Step Together Step

Zills

- ☐ Clacks
- ☐ 8th Note Roll
1 + 2 + 3 + 4 +

WEEK 3

Upper Body

- ☐ Hand Undulations
- ☐ Horizontal Chest Circles

Lower Body

- ☐ Front Hip Bumps
- ☐ Hip Undulations
Regular/Reverse

Travelling Steps

- ☐ Rocking Step
- ☐ Triple Step

Zills

- ☐ Tekes
- ☐ Play 3s
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WEEK 4

Upper Body

- ☐ Tummy Exp/Con
- ☐ Full Undulations
Down / Reverse

Lower Body

- ☐ Weighted Lifts & Drops
- ☐ Horizontal Figure 8s: Frwd / Back

Travelling Steps

- ☐ Step Cross
- ☐ Grapevine

Zills

- ☐ Rings
- ☐ Play 3-3-7s
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