

**Beginner Review**  
**Detailed Review**  
**Floor & Veils**

☞ **Remember**

- ☞ **The knees are slightly bent**
- ☞ **All steps need to be as smooth as possible**
- ☞ **These steps are building blocks for other steps.**

☞ **Floor**

☞ *Arms and hands*

- ☞ Same arm movements as standing but either kneeling or sitting to the side.

☞ *Body lifts*

- ☞ Sitting on right hip,
- ☞ right hand on the floor,
- ☞ left arm over head,
- ☞ left leg stretched out slightly bent
- ☞ the right foot under the left thigh.
- ☞ Push the hips and body up from the floor and stretch the left side, hold.
- ☞ Sweep arm up and around body, using hand.
- ☞ Lower body.

☞ *Getting down*

☞ *Simply*

- ☞ Whatever step you finish with while standing must allow you to be able to maneuver you feet and legs gracefully.
- ☞ A spin is always good as it allows you to tuck in your skirt on one side for coverage.
  - ☞ Slide a leg back and bend the knee to lower you to the ground.
  - ☞ With one knee on the ground you either slowly lower yourself to sitting on the side of the leg or lower just the knee to be on both knees.
  - ☞ Use your arms and hands gracefully for balance and support

☞ *Getting up*

☞ *Simply*

- ☞ Whatever step you finish with you must be able to maneuver you feet and legs gracefully.
- ☞ Raise you hips from the floor keeping you weight even.
- ☞ Come up so that you are on your knees.
- ☞ Then come up one knee at a time into the standing position.
- ☞ Use your arms gracefully for balance and support.
- ☞ Spinning after you come up will allow you to release and smooth your skirt.

☞ *Heads*

- ☞ Same head movements as standing.

☞ *Hip circle*

- ☞ This is the same hip circle as standing except that you will dip down as you do the back of the circle.
- ☞ Kneeling on both knees,
- ☞ make your hip circle with the dip in the back.
  - ☞ This gives more circle to the movement.

☞ *Knee walks*

## Beginner Review

### Detailed Review

### Floor & Veils

- ☞ This is an alternating walk on the knees. It is done forward and carefully so as not to pull the skirt.

- ☞ Kneeling on both knees, slowly move forward, use you arms

#### ☞ *Lean back*

- ☞ Lean back using your thighs.

- ☞ Increase the leaning back until your head reaches the floor.

- ☞ Kneeling on both knees, slowly lean back,

- ☞ use you arms as balance.

#### ☞ *Peacock with arms*

- ☞ The peacock is a pose

- ☞ one knee on the floor

- ☞ the other leg back.

- ☞ sit on the calf of one leg.

- ☞ spread out the skirt to give the illusion of a tail.

- ☞ This step requires balance.

- ☞ You use the arms for grace and balance.

#### ☞ *Simple Arms*

- ☞ lean back

- ☞ Use your arms for balance.

- ☞ Do snake and hand movements.

#### ☞ **Veils**

##### ☞ *Wrap*

- ☞ The basic wrap.

- ☞ Hold the veil behind your back draping down to your buttocks. Much like a towel.

- ☞ Taking the end, cross over and tuck opposite corners into the bra strap ( right hand tucks into the left strap)

- ☞ Remember which is the top tuck.

- ☞ If it is to long in the back tuck the veil into the girdle (hip belt)

##### ☞ *Unwrap*

- ☞ The basic unwrap. This is from the basic wrap

- ☞ As you spin, use the opposite hand from shoulder,

- ☞ cross over and pull out the **top** tuck (left hand pulls out right shoulder)

- ☞ Spin in the opposite direct and untuck the other side.

- ☞ The veil with be in both hands and behind your back down by your buttocks. Much like a towel.

- ☞ Remember which is the TOP tuck and untuck that first

##### ☞ *Harem*

- ☞ Hold the veil between your fingers

- ☞ Keep the arms covered

- ☞ Bring the hands up and frame the face

##### ☞ *Spins*

- ☞ Single / double

- ☞ Whether single or double spin the veil is held by the fingers and your arms are out to the side slightly bent at the elbows.

- ☞ Your arms are out to the side slightly bent at the elbows.

- ☞ You spin in one direction

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### Floor & Veils

- ☞ Then the other.
- ☞ Swirl or circle
  - ☞ The veil is swirled around the body while you face forward.
  - ☞ The arms go clockwise or counterclockwise together around the body
  - ☞ You lean slightly in the direction you are pulling the veil
  - ☞ Bend from the waist.
  - ☞ You **do not** just stand up straight and only move your arms.
- ☞ *Walking*
  - ☞ The veil is held by the fingers and your arms are out to the side slightly bent at the elbows.
- ☞ Forward
  - ☞ Bring the veil to the front in a gracefully circle.
  - ☞ As you walk forward raise your arms
- ☞ Back
  - ☞ Bring the veil to the front in a gracefully circle.
  - ☞ As you walk back lower you arms
- ☞ *With simple moves*
  - ☞ This is a matter of practice with all the basic moves that you know
    - ☞ Harem with the head slide
    - ☞ Up behind with belly rolls or other hip movements