

What Every Beginner Is Expected to Know

☞ Remember

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

☞ Abdomens & Diaphragm

- ☞ Pull only the abdomen in and out.
- ☞ Pull only the diaphragm in and out.

☞ Abdomens

- ☞ Simple slow roll.

☞ Arms / Hands

☞ Circle

- ☞ simultaneously
- ☞ singular

☞ Snake

☞ Both Arms

- ☞ Alternating
 - ☞ on the side
 - ☞ 45 degree°
 - ☞ in front
 - ☞ full
 - ☞ with a flutter

☞ Single Arm

- ☞ 45 degree°
- ☞ in front
- ☞ on the side

☞ Hands

☞ Curling of the hands

- ☞ as a whole
- ☞ Individually
 - ☞ climbing the ladder
 - ☞ as a whole
 - ☞ individually

☞ Figure eight

- ☞ around the body
 - ☞ simultaneously
- ☞ in front of body
 - ☞ alternating
 - ☞ Simultaneously
 - ☞ singular

☞ Head

- ☞ Back and forth
- ☞ Side to side slide

☞ Rib cage

What Every Beginner Is Expected to Know

- ☞ Lift
- ☞ Slide
- ☞ Shoulder
 - ☞ Lift single up, down, forward and back.
 - ☞ Rolls
 - ☞ Shimmy
 - ☞ In place
 - ☞ With slide
 - ☞ Slides
- ☞ Veils
 - ☞ Wrap
 - ☞ Unwrap
 - ☞ Harem
 - ☞ Spins
 - ☞ Single / double
 - ☞ Swirl or circle
 - ☞ Walking
 - ☞ Forward
 - ☞ Back
 - ☞ With simple moves
- ☞ Zill
 - ☞ Basic Pattern
 - ☞ In place
 - ☞ Minor walking
 - ☞ Small arm work

- ☞ Floor
 - ☞ Arms and hands
 - ☞ Body lifts
 - ☞ Getting down
 - ☞ Simply
 - ☞ Getting up
 - ☞ Simply
 - ☞ Heads
 - ☞ Same head movements as standing.
 - ☞ Hip circle
 - ☞ Knee walks
 - ☞ Lean back
 - ☞ Peacock with arms
 - ☞ simple arms
 - ☞ lean back
- ☞ Foot
 - ☞ Heel toe movement
 - ☞ In place
 - ☞ Step point

What Every Beginner Is Expected to Know

- ↻ in place
- ↻ as travel step
 - ↻ Forward / Backward
 - ↻ with hip thrust
 - ↻ with double hip thrust
- ↻ Hip
 - ↻ Camel walk
 - ↻ Circle
 - ↻ In place
 - ↻ clockwise
 - ↻ counter clockwise
 - ↻ half
 - ↻ with bounce
 - ↻ with dip
 - ↻ walking
 - ↻ forward
 - ↻ backward
 - ↻ Drop
 - ↻ single
 - ↻ front
 - ↻ Side
 - ↻ double
 - ↻ front
 - ↻ regular
 - ↻ with kick
 - ↻ Side
 - ↻ Figure eight
 - ↻ inward
 - ↻ Outward
 - ↻ with dip
 - ↻ with bounce
 - ↻ Knee Shimmy
 - ↻ in place
 - ↻ walk
 - ↻ forward / backward
 - ↻ to the side
 - ↻ going right
 - ↻ Going left
 - ↻ Basic Shimmy
 - ↻ In Place
 - ↻ Slide
 - ↻ with dip
 - ↻ Slide
 - ↻ Thrust
 - ↻ single thrust
 - ↻ front

What Every Beginner Is Expected to Know

- ☞ side
- ☞ double thrust
- ☞ front
- ☞ Side
- ☞ Pelvis
 - ☞ Lift or flutter
- ☞ Specialized steps
 - ☞ Grape vine
 - ☞ Traveling left
 - ☞ Traveling right