

What Every Intermediate 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

- ☞ Alternating diaphragm and abdomen pulls
- ☞ More speed with roll

☞ Arms

- ☞ *Cobra style*
- ☞ *Snake arms*
 - ☞ with shoulder slide
- ☞ *Tuck of hand*
 - ☞ roll of shoulder

☞ Head

- ☞ *Circle*
- ☞ in conjunction with simple arms
- ☞ in conjunction with simple veil

☞ Rib cage

- ☞ **Circle**
 - ☞ horizontal / outward
 - ☞ Vertical

☞ Shoulder

- ☞ **Shimmy**
 - ☞ Leaning
 - ☞ back
 - ☞ forward
 - ☞ Speed
 - ☞ unmoving hands

☞ Veils

- ☞ *body spin / twirl*
- ☞ *Different wraps*
- ☞ *Team work*
 - ☞ More than 2
 - ☞ Two women work with one veil.
 - ☞ wrapping
 - ☞ together
 - ☞ alternating
 - ☞ Mummy
 - ☞ Tents
 - ☞ both inside
 - ☞ both outside
- ☞ *half eight*
- ☞ *Airplane Spin*
 - ☞ steady arms

What Every Intermediate Is Expected to Know

- ☞ alternating arms

☞ Zills

- ☞ *arm work*
 - ☞ more complex
- ☞ Learn to gracefully remove / replace them
- ☞ *Patterns*
 - ☞ more advanced
 - ☞ Masmudi
 - ☞ Karshlima
 - ☞ Chiftitelli
- ☞ Start to dance with them

☞ Floor

- ☞ *Body Lift / Arch*
 - ☞ Single
 - ☞ Alternating
- ☞ *Lean back to floor*
- ☞ *leaning back*
 - ☞ Arms movements
 - ☞ Shimmy
- ☞ *Managing the skirt*
 - ☞ T
- ☞ *Snake arms*
- ☞ *Snake roll*
- ☞ *Torso Roll*
 - ☞ Single
 - ☞ Alternating
- ☞ *up and down*
 - ☞ More complex
 - ☞ *Sitting Cobra*
- ☞ *White Rock Girl*

☞ Foot

- ☞ *Heel toe*
 - ☞ pivot
 - ☞ single side
 - ☞ alternating sides

☞ Hip

- ☞ *Camel walk*
 - ☞ walking
 - ☞ forward
 - ☞ straight
 - ☞ side to side
- ☞ *Circle*
 - ☞ single hip (right and left)
 - ☞ clockwise
 - ☞ counter clockwise

What Every Intermediate Is Expected to Know

- ☞ with hands
 - ☞ around body
- ☞ *Pivot* (circle in a circle)
 - ☞ clockwise
 - ☞ with bounce
 - ☞ walking to the side
 - ☞ counter clockwise
 - ☞ with bounce
 - ☞ walking to the side
- ☞ *Drop*
 - ☞ side
 - ☞ in a pivot
 - ☞ clockwise
 - ☞ counter clockwise
 - ☞ alternating
 - ☞ front
 - ☞ in a pivot
 - ☞ no kick
 - ☞ clockwise
 - ☞ counter clockwise
 - ☞ alternating
 - ☞ with kick
 - ☞ clockwise
 - ☞ counter clockwise
 - ☞ alternating
- ☞ *Figure eight*
 - ☞ single hip
 - ☞ walking
 - ☞ backward
 - ☞ inner eight
 - ☞ outer eight
 - ☞ forward
 - ☞ inner eight
 - ☞ sideways
 - ☞ inward eight
 - ☞ with hands
- ☞ *Hip roll* (upward figure eight)
 - ☞ walking
 - ☞ backward
 - ☞ Forward
 - ☞ Arms (Choice)
 - ☞ in place
 - ☞ in place
 - ☞ with a dip (deep hip roll)
- ☞ *Shimmy*

What Every Intermediate Is Expected to Know

- ☞ length
 - ☞ unmoving hands
- ☞ one hip
- ☞ speed
 - ☞ unmoving hands
- ☞ walking
 - ☞ backward
 - ☞
 - ☞ forward
 - ☞ to the side
- ☞ *Thrust*
 - ☞ back
 - ☞ double thrust
 - ☞ with release
 - ☞ without release
 - ☞ front
 - ☞ double thrust
 - ☞ without release
 - ☞ side
 - ☞ double thrust
 - ☞ without release
 - ☞ in a pivot
 - ☞ side
 - ☞ clockwise
 - ☞ counter clockwise
 - ☞ front
 - ☞ clockwise
 - ☞ counter clockwise
 - ☞ sideways
 - ☞ moving
 - ☞ back
 - ☞ single
 - ☞ switching
- ☞ **Specialized steps**
 - ☞ Karshlimar / Karsilama
 - ☞ Arabian Horse
- ☞ **Transitions**
 - ☞ From right hip thrust to left hip thrust to sideways travel to pivot
 - ☞ From clockwise hip circle to counter clockwise circle to counter clockwise pivot to clockwise pivot
 - ☞ From right hip drop to left hip drop to pivot