

What an Advanced is supposed to know

- Abdomens
 - Roll length
 - Roll speed
 - Roll with the music
 - Side to side rolls
- Arms
 - Arm ripple side to side
 - Stillness through all movements – control
 - Tuck of hand and roll of shoulder double
- Floor
 - Arch and contraction
 - Circle back to floor
 - Figure eight
 - Peacock knee walk with arms
 - Abdomens while leaning back
 - Flat back to floor
 - Serpentine from flat back to flat back using arms
 - Shimmy with flat back
- Foot
 - Heel toe movement
 - travel step to the side
- Head
 - In conjunction
 - with veil
 - with arms
- Hip
 - Arch and contraction
 - accented
 - walking
 - walking to the side (crossover feet)
 - Camel walk
 - walking in a circle
 - Backward
 - Circle
 - combination of single hip and full hip
 - Figure eight
 - combination single eight and full eight
 - with accents on each hip
 - in a pivot
 - Hip roll
 - in a circle (pivot)
 - side to side
 - Shimmy
 - length and hands moving at slower pace
 - speed and hands moving at slower pace
 - varying length & accents, hands moving at slower pace
 - with accent
 - Scooter
 - with figure eight

- Rib cage
 - Combinations and transitions
 - Figure eight vertically
- Ribcage / hip
 - All combinations, corkscrews and opposite work
- Shoulder
 - Shimmy
 - in a body circle
 - with various movements
 - speed and hands moving at slower pace
- Specialized steps
 - Karshlimar / Karsilama
- Veils
 - Complex combinations
 - Floats
 - Floor work
 - Multiple veils
 - Snake arms
- Zills
 - Pattern after the music
 - Working with arms and veils
 - Working with body movements
 - Working with hands and arms