

**Shambling Shimmies Dance Company LLC**  
**Student Handbook - Level 1 - General Belly Dance**



Updated November 2012

# Level 1 Student Handbook - General

CLASS CATEGORIES AND LEVELS OVERVIEW.....	3
LEVEL 1 – Open/Introductory.....	3
LEVEL 2 – Foundations.....	4
LEVEL 3 – Stylizations.....	6
LEVEL 1 COURSE DESCRIPTIONS.....	7
Tribal Bellydance.....	7
General Bellydance.....	8
Bellydance with Fire.....	10
STUDIO (AND OTHER USEFUL) INFORMATION.....	12
GENERAL BELLYDANCE LEVEL 1.....	13
LEVEL 1 TO LEVEL 2 PROGRESSION GUIDELINES (GENERAL).....	14
LEVEL 1 GENERAL TECHNIQUE PROGRESS CHART.....	16
LEVEL 1 MUSICALITY TOPICS.....	17
Basic Music Theory.....	17
L1 Rhythm Recognition.....	17
L1 Zills.....	17

# CLASS CATEGORIES AND LEVELS OVERVIEW

\*\*\*NOTE Classes currently listed as small group courses can be scheduled as topics for 6-week prepaid private, semiprivate, or small group courses. We may also occasionally partially cover some of these topics in workshops or other classes.\*\*\*

## ***LEVEL 1 – Open/Introductory***

- Open to all levels
- Classes require either:
  - no dance experience at all OR
  - concurrent attendance of either a Shambling Shimmies Tribal Technique Class OR
  - a General Drills/Technique Class
  - \*see class prerequisites for specifics.
- Beginning level performance opportunities are available (but not required) when student has achieved appropriate level of familiarity with material.

### **CATEGORIES:**

#### TRIBAL GROUP IMPROVISATION

Classes are designed to introduce students to the core Shambling Shimmies Group Improvisation Vocabulary, Basic Isolations, Formations, Jamming, and other topics involved in basic tribal improvisation. Special topics courses are offered covering a range of material within the tribal and tribal fusion genres both expanding on and utilizing concepts learned in the basic Tribal Technique Class. ALL students interested in tribal improvisation MUST begin in a L1 Tribal or Moves & Cues class/course and complete at least 1 full cycle (usually at least 12 weeks) before being considered to move up to level 2 classes (which require instructor approval).

#### **L1 TRIBAL CLASSES/COURSES OFFERED:**

- Tribal Bellydance, Shambling Shimmies Style – Open Class
- American Tribal Style with Inna – Open Class (limited time)
- Shambling Shimmies Tribal Format: Moves & Cues, L1 parts 1, 2 – Small Group Course
- Shambling Shimmies Tribal Format: Moves to the Tribe, L1 – Small Group Course
- Tribal Soloing Basics – Small Group Course
- Skeletons Halloween Special Performance Class – Seasonal Class

#### GENERAL BELLYDANCE

These classes are designed to introduce and drill general bellydance technique that can provide a basic foundation for most styles of bellydance. These classes can be taken alongside of or entirely separate from our tribal improvisation style classes. Currently, all of our drop-in classes are open to level 1 students. Students new to Shambling Shimmies who are not interested in tribal style can begin in any of the other bellydance classes since required technique is taught in each class during/following the warm up. Students wishing to progress and hone their technique, however, should consider regularly attending the General Bellydance Technique class at some point, if possible, as this class is where the technique all Shambling Shimmies classes use is thoroughly explained, broken down, and drilled.

#### **L1 GENERAL CLASSES/COURSES OFFERED:**

- Bellydance Technique – Open Class
- Beginning Bellydance Sampler – Open Class
- Bellydance Bootcamp – Open Class
- Bellydance Party Jam – Open Class
- Egyptian Style and Technique with Omega – Open Class
- Drills / Technique Intensive, L1 – Small Group Course
- Shimmy Intensive, L1 – Small Group Course
- Gooey Moves, L1 – Small Group Course
- Intro to Rhythms, L1 – Small Group Course
- L1 Cabaret or Tribal Fusion Choreography – Small Group Course (also offered in Beginning Bellydance Sampler)
- Ghosts Halloween Performance Veil Choreography – Seasonal Class

### FIRE SERIES

This series is designed to introduce fire adaptations to the Shambling Shimmies L1 vocabulary for fire palms (small torches) and fire staff for use in tribal improvisation. Students interested in this series should currently be regularly taking another L1 Shambling Shimmies course or higher (or have taken one in the past) or make other arrangements with the instructor. At least some experience with Shambling Shimmies Tribal Format is recommended. (note: the series must be taken in order – palms before staff)

### L1 FIRE CLASSES/COURSES OFFERED:

- Bellydance with FIRE! - seasonal class
- Intro to Tribal Fire (Fire Palms) – Small Group Course
- Shambling Shimmies Tribal Fire Staff, L1 parts 1,2 – Small Group Course
- Shambling Shimmies Tribal Fire: Moves to Tribe – Small Group Course

## ***LEVEL 2 – Foundations***

- Classes require instructor approval.
- Attendance levels:
  - LEVEL 2 (attend primarily level 2 classes): student must show proficiency and receive instructor clearance in all L1 material (see instructor for specifics).
  - LEVEL 1.5 (attend level 2 classes in addition to regularly attending level 1 technique classes): must have attended level 1 technique classes long enough to have been introduced to ALL level 1 material (see instructor for specifics) and receive clearance of instructor. Student will not be considered a full level 2 until officially cleared on ALL L1 material.
- Performance opportunities will be available, but not required, reflecting students' increased proficiency in the dance.

### **CATEGORIES:**

#### TRIBAL

Classes are designed to increase the group and individual vocabulary and improvisation skills, expand formation options, improve zilling and musicality, and generally improve overall technique and execution. Students can also take courses in various special topics allowing them to explore their technique and artistry even more.

All students in L2 Tribal Improvisation should continue to take at least one L1 Tribal Technique and Jam Class per month. All tribal classes assume familiarity with L1 SHAMBLING SHIMMIES Tribal Technique.

#### L2 TRIBAL CLASSES/COURSES OFFERED:

- Tribal Bellydance, Shambling Shimmies Style (all levels) – Open Class
- Tribal Bellydance, Shambling Shimmies Style, L2 – scheduled week to week - invitation only
- Shambling Shimmies Tribal Format: Moves & Cues, L2 parts 1,2 – Small Group Course
- Shambling Shimmies Tribal Format: Zills and Musicality, L2 – Small Group Course
- Shambling Shimmies Tribal Format: Moves to the Tribe, L2 – Small Group Course
- L2 Tribal with Props – Small Group Course (occasionally offered in regular L2 tribal classes)

#### GENERAL

Classes are offered to improve on basic technique as well as introduce more advanced technique that is used in both tribal and other styles of bellydance. Classes are also offered to provide students with a variety of options to explore the aspects of the dance that interest them. (L2 Fusion Classes assume some exposure to Shambling Shimmies or other Tribal Format).

#### L2 GENERAL CLASSES/COURSES OFFERED:

- Drills/Technique Intensive, L2 – Small Group Course
- Zills and Drills, L2 – Small Group Course
- Shimmy Intensive, L2 – Small Group Course
- Gooney(er) Moves, L2 – Small Group Course
- Drums, Zills, and Combos – Small Group Course
- Props Intro, L2 – Small Group Course
- Solo Construction: Structured Improvisation – Small Group Course
- Solo Construction: Choreography – Small Group Course
- Cabaret Stylization Basics – Small Group Course
- L2 Cabaret, Fusion, or Prop Choreography – Small Group Course (also offered in Beginning Bellydance Sampler Class)
- Fusion Basics – Small Group Course
- Halloween Show Prep, L1.5 (Zombie) or L2 (Cats) Duets – Seasonal Prepaid Class

#### FIRE SERIES

In these courses, students will not only increase their vocabulary, execution, and comfort with the fire props, but will also begin to learn to more seamlessly fuse the fire dance and bellydance elements together. Students generally should be L2 in non-fire classes before moving on to L2 fire class. Students only interested in fire palms may opt out of the fire staff courses. Students interested in fire staff may NOT opt out of the fire palms courses – they must take the series in order.

#### L2 FIRE CLASSES/COURSES OFFERED:

- Shambling Shimmies Tribal Fire, L2 (Palms) – Small Group Course
- Shambling Shimmies Fire Staff, L2 part 1,2 – Small Group Course

## ***LEVEL 3 – Stylizations***

- Classes require instructor approval
- Attendance levels:
  - LEVEL 3 (attend primarily level 3 classes): student must show proficiency and receive instructor clearance in all level 2 material (see instructor for specifics)
  - LEVEL 2.5 (attend level 3 classes in addition to regularly attending level 2 technique classes): student must be a full level 2, must have regularly attended level 2 classes long enough to have been introduced to all level 2 material (see instructor for specifics), and must receive clearance from instructor. Student will not be considered a full level 3 until officially cleared on ALL L2 material.
- Performance opportunities will be available, but not required, that reflect the students' increased abilities.
- In all categories of level 3, as always, classes will work on improving vocabulary, technique, and execution. In level 3, however there will be a special focus on style. In courses at this level, students will delve deeper into their chosen stylization(s). This is also the level where students will be more fully exposed to elements of Shambling Shimmies signature styles as well as encouraged to begin working on developing their own personal styles within their chosen genres.

(MORE INFORMATION ON LEVEL 3 SPECIFICS COMING SOON)

# LEVEL 1 COURSE DESCRIPTIONS

## *Tribal Bellydance*

<b>Tribal Bellydance, Shambling Shimmies Style</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Drop-In
<b>Description</b>	<ul style="list-style-type: none"> <li>• Learn Shambling Shimmies Format of Tribal Style Group Improvisation in a fun and casual atmosphere.</li> <li>• Tribal Bellydance is a group improvisation style where a common vocabulary of moves are cued by a leader so the group (or “tribe”) can dance together without a choreography.</li> <li>• Classes include technique/move instruction, drills/review time, and jam time.</li> <li>• This class is a mixed level class open to all levels – no experience necessary.</li> <li>• Instruction is offered on the absolute beginner level. Level 2 options will then be presented to students who have adequately mastered Level 1 technique and concepts.</li> </ul>

<b>Shambling Shimmies Tribal Format: Moves &amp; Cues - Level 1 Part 1</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Part 1 of a 2 part series introducing students to the Shambling Shimmies Tribal Improvisation Format. This class includes basic slow and fast tribal moves along with appropriate cues, turns, traveling, etc. Students who complete the entire 2 part series will be introduced to the full level 1 Shambling Shimmies vocabulary.

<b>Shambling Shimmies Tribal Format: Moves &amp; Cues - Level 1 Part 2</b>	
<b>Prerequisites</b>	Shambling Shimmies Moves & Cues - Level 1 Part 1
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Part 2 of a 2 part series introducing students to the Shambling Shimmies Tribal Improvisation Format. This class includes basic slow and fast tribal moves along with appropriate cues, turns, traveling, etc. Students who complete the entire 2 part series will be introduced to the full level 1 Shambling Shimmies vocabulary.

<b>From the Moves to the Tribe: Level 1</b>	
<b>Prerequisites</b>	Familiar with Shambling Shimmies Tribal format or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Focuses on taking the moves you've learned, and putting them to work in the group dance context. During this class you will learn the specifics of formations, working together as a tribe, and performance basics (including costuming). Students do not need to have an interest in performing to attend, as the material learned will be useful in the ongoing all levels course.

<b>Tribal Soloing Basics - Level 1</b>	
<b>Prerequisites</b>	Familiar with Shambling Shimmies Tribal format or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)

<b>Description</b>	This class introduces students to multiple concepts intended to improve your confidence and execution of solo work. The class includes a different focus each week w/ guided improvisation, exercises, 'homework assignments', and a class project. Small group class with plenty of individual attention and practice time and focused exercises will allow for pushing your creative boundaries.
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<b>Skeletons (Tribal) Halloween Special Performance Class</b>	
<b>Prerequisites</b>	Familiar with Shambling Shimmies L1 Tribal Format or Permission of Instructor.
<b>Format</b>	Drop-In Special Topics series
<b>Description</b>	This class is for preparation for the Tribal Skeleton performance in the annual Halloween Satchels Shakedown. Minimum attendance and costuming requirements apply for students who wish to perform in the Halloween show.

## ***General Bellydance***

<b>Bellydance Technique</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Drop-In Preregistered (Small Group, Private, or Semiprivate as Drills/Technique Intensive) also available
<b>Description</b>	<ul style="list-style-type: none"> <li>• This class breaks down basic technique that is used in a variety of styles of bellydance.</li> <li>• Class includes technique breakdown, light conditioning, footwork, and drills.</li> <li>• This class is a mixed level class open to all levels, no experience necessary.</li> <li>• Instruction is offered on the absolute beginner level with adaptations, layers, zills, and alternate timings and footwork given for more experienced students.</li> </ul>

<b>Bellydance Party Jam</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Drop-In Preregistered (Small Group, Private, or Semiprivate as Drills/Technique Intensive) also available
<b>Description</b>	<ul style="list-style-type: none"> <li>• This class is for students who want a high energy class where they can dance straight from the start of class to the finish!</li> <li>• Class is open to all levels, any technique needed during the class will be integrated into the warm up.</li> <li>• Class consists of short combos and improvisation exercises (or dance games) to fun music.</li> </ul>

<b>Beginning Bellydance Sampler</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Drop-In
<b>Description</b>	<ul style="list-style-type: none"> <li>• This class teaches through choreographies in a variety of styles for people who would rather learn through whole dances instead of (or in addition to) moves/drills.</li> <li>• Technique needed for current choreographies will be integrated into warm up / reviewed during the class.</li> <li>• Class is generally taught at the beginner level, though choreography difficulty will vary.</li> </ul>



	<ul style="list-style-type: none"> <li>All levels are welcome – no experience necessary.</li> </ul>
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<b>Bellydance Bootcamp</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Drop-In Preregistered (Small Group, Private, or Semiprivate as Drills/Technique Intensive) also available
<b>Description</b>	<ul style="list-style-type: none"> <li>This class focuses on flexibility, strength, and conditioning for bellydance.</li> <li>Classes will include dance based moves, floorwork, and drills as well as strength and stretching exercises all specifically focused toward developing the physical condition we need to become better dancers.</li> <li>Class is open to all levels, no experience necessary.</li> </ul>

<b>Shimmy Intensive - Level 1</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Introduces students to many forms of upper and lower body shimmies, and drills these movements. The course moves from basic to advanced shimmies, and will also include some layering drills, based on the progression of the students during the class.

<b>Goey Moves - Level 1</b>	
<b>Prerequisites</b>	Familiar with Shambling Shimmies general format or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	This class introduces and explores in depth the basics required for getting your moves (especially slow moves) smooth and graceful. It will particularly focus on concepts such as muscular engagement and control, line, fluidity, attitude, as well as areas of frequent difficulty for level 1 students such as arms, hands, undulations and posture. This class will be tailored to the levels, needs, and interests of the students enrolled

<b>Introduction to Rhythms - Level 1</b>	
<b>Prerequisites</b>	None
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	This class introduces very basic Middle Eastern rhythms commonly used in bellydancing. There will be 2 portions to this class, the Rhythm Familiarity section and the Rhythm Practice Section. During the Rhythm Familiarity section, the student will hear the rhythm, learn what makes it unique, and have the option of learning to play it on a drum or zills. During the Rhythm Practice section, the student will have the option of practicing playing the rhythm to gain more familiarity with it or learning a short dance combination to go with the rhythm.

<b>Cabaret or Tribal Fusion Choreography - Level 1</b>	
<b>Prerequisites</b>	none
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Students will learn a Level 1 appropriate Cabaret or Tribal Fusion Choreography (They may pick a particular choreography they wish to learn if they like). If students wish, an opportunity to perform the choreography will be provided (at Satchels and/or at a Shambling Shimmies Hafla) to students who know the choreography well enough at the end of the course (instructor approval will be required).

<b>Ghost Halloween Performance Veil Choreography</b>	
<b>Prerequisites</b>	None, but some prior experience with bellydance technique is helpful
<b>Format</b>	Seasonal Class
<b>Description</b>	This class is for preparation for the Ghost Veil Choreography in the annual Halloween Satchels Shakedown. Students who wish to perform in the Halloween show must know the choreography (and receive instructors approval), and meet costuming and dress rehearsal requirements.

## ***Bellydance with Fire***

<b>Bellydance with FIRE!</b>	
<b>Prerequisites</b>	none
<b>Format</b>	Seasonal Class
<b>Description</b>	This class will teach fire (or LED) adaptations to the Shambling Shimmies Tribal Bellydance Vocabulary for use in cued tribal improv. style fire performances or for solo use. We will also go over the basics of fire safety as it relates to these types of practices and performances. This is a mixed level class – no experience is necessary, and LED prop options are available for students not comfortable with or ready for lit fire practice.

<b>Introduction to Fire - FIRE PALMS - Level 1</b>	
<b>Prerequisites</b>	Familiar with Shambling Shimmies Tribal format or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	Basic introduction to belly dancing with fire, including prop adaptations of existing movements and fire safety. This course starts with fire palms (hand torches), to build a foundation needed to move on to more advanced props if desired. This course will be taught using both lit and unlit torches. A small number of torches will be available to borrow during class, however students are welcome to bring their own. This course can be taken as a standalone course, but is also the introductory course in a series of courses that will introduce students to the Shambling Shimmies Fire Bellydance Format.

<b>Shambling Shimmies FIRE STAFF Moves - Level 1 Part 1</b>	
<b>Prerequisites</b>	Intro to Fire or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	This class teaches basic staff work and the beginner tribal bellydance move adaptations that make up the Shambling Shimmies Fire Staff Format. This is part 1 of a 2 part series introducing students to the level 1 fire staff format. This course will be taught with unlit and lit or LED staffs depending on students' comfort level and abilities with the movements and skills learned.

<b>Shambling Shimmies FIRE STAFF Moves - Level 1 Part 2</b>	
<b>Prerequisites</b>	FIRE STAFF Level 1 Part 1 or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	This class teaches basic staff work and the beginner tribal bellydance move adaptations that make up the Shambling Shimmies Fire Staff Format. This is part 2 of a 2 part series introducing students to the level 1 fire staff format. This course will be taught with unlit and lit or LED staffs depending on students' comfort level and abilities with the movements and skills learned.

<b>Moves to Tribe FIRE - Level 1</b>	
<b>Prerequisites</b>	Intro to Fire (and Fire Staff, L1 parts 1&2 if using Staffs) or permission of instructor
<b>Format</b>	Preregistered (Small Group, Private, or Semiprivate)
<b>Description</b>	This class takes the moves that were learned in the FIRE series and focuses on working as a tribe and lighting up while taking into account the special considerations added by fire. This class will be taught with both unlit and lit fire props.

## **STUDIO (AND OTHER USEFUL) INFORMATION**

### **CLASS LOCATIONS**

#### **SHAMBLING SHIMMIES STUDIO**

All classes, unless otherwise arranged, are held in our studio on the second floor of the Executive Center on NW 13<sup>th</sup> St. in Gainesville, FL.

#### **ADDRESS**

The Executive Center  
4131 NW 13th Street, Suite 202  
Gainesville, FL 32609

### **CONTACT INFORMATION**

Heather Fullen, Business Director  
Julia White, Education Director

#### **WEBSITE**

[www.ShamblingShimmies.com](http://www.ShamblingShimmies.com)

#### **FACEBOOK**

[www.facebook.com/ShamblingShimmies](http://www.facebook.com/ShamblingShimmies)

#### **EMAIL**

[ShamblingShimmies@gmail.com](mailto:ShamblingShimmies@gmail.com)

#### **PHONE**

352-317-1362

### **CLASS SCHEDULE**

We regularly offer classes 5 days / week Monday – Friday, as well as monthly Drum Circle/Haflas and Student Shows, and occasional Workshops and Intensives. We post updated class schedules monthly on the website blog, facebook page, and newsletter, and we keep an up to date studio schedule on the website at [www.ShamblingShimmies.com/class-event-calendar](http://www.ShamblingShimmies.com/class-event-calendar).

# GENERAL BELLYDANCE LEVEL 1

## **PROGRAM DESCRIPTION**

The General Bellydance Option is designed for students who are interested in solo bellydance performance or group choreography in various styles of bellydance. The instructors of Shambling Shimmies perform and offer instruction in forms of bellydance including tribal and interpretive fusion and general or 'cabaret' bellydance including various props. We also have an Egyptian style instructor at the studio for students who are interested in that stylization. For level 1 instruction, our philosophy is that no matter what your stylistic preference is, the basics are the basics and you need a good foundation in those before moving on. With that idea in mind, our core General Bellydance class is the General Bellydance Technique Class. This class teaches and drills all required Level 1 Isolations, Arm Positions, Footwork, and General Dance Concepts over the course of a 20 week session. Also included in this class are some dance-specific general conditioning and flexibility exercises. Students are not required to start with this class, but if they wish to progress, they should consider taking it at some point, since there is no substitute for a solid technical basis in dance. Of course, learning and drilling isolations and movements is not the same as learning to dance with those movements, so we also offer a variety of options for the student to learn to dance with these movements as well. The Bellydance Party Jam and Beginning Bellydance Sampler classes provide varying opportunities to really dance with the movements. Bellydance (as any form of dance) requires very specific conditioning and demands of the body, so we also offer Bellydance Bootcamp for dance-specific flexibility, strength, conditioning, along with some basic drills. As they progress, students may also schedule private, semi-private, or small group lessons to get more personal guidance and instruction on topics that interest them and work towards their individual goals.

## **PERFORMANCE GUIDELINES**

General Bellydance is, by nature, very individual and performance readiness will be evaluated not only on a student by student basis, but also on a dance by dance and performance by performance basis. When students are ready to perform (as determined by an instructor), performance opportunities for Level 1 students are available at the monthly Satchels Shakedown student showcase. These opportunities are frequently offered upon adequate mastery of specific choreographies or successful completion of certain private, semi-private, or group courses aimed at performance (both choreography and improvisation). General bellydance students wishing to work up to performing should consider taking the Beginning Bellydance Sampler class or scheduling a private/semi-private/group choreography course as this is where Level 1 Shambling Shimmies choreographies are taught. Shambling Shimmies also hosts regular Drum Circles / Haflas (dance parties) at the Shambling Studio which provide further opportunities for level 1 students to dance / perform in a very casual environment. Both of these venues are welcoming, friendly, student-appropriate opportunities, and provide Level 1 students a chance to perform in a low-pressure environment among friends, family, and bellydance lovers.

## **COSTUMING GUIDELINES**

In General Bellydance, the costuming will be determined on a performance by performance basis. There are, however, some general guidelines that must be met for student costuming:

- All costuming will be well fitted and appropriately covering for a family venue.
- No undergarments will be showing (lingerie bras, panties, etc).
- Group costuming will always have an option for belly cover.
- Dance Bras (if worn) will be fully finished, and very clearly not lingerie bras.
- Skirts (depending on style) will have either pantaloons or coordinating colored dance bottoms under them (not just lingerie panties).
- Dancer will be wearing full make up and appropriate jewelry.

# LEVEL 1 TO LEVEL 2 PROGRESSION GUIDELINES (GENERAL)

## **BASIC REQUIREMENTS TO MOVE UP FROM LEVEL 1 TO LEVEL 2**

**(no longer required to take L1 Technique class or do L1 variations in All Levels Technique class – should begin a L2 Technique class or L2 variations in All Levels Technique Class)**

- Obtain a level of 'Proficiency' in all Level 1 technique (see chart on following page)
- Have a basic understanding of Level 1 musicality topics
- Be evaluated by an instructor and receive instructor approval to move up
- Review/Evaluation days will be automatically scheduled at the end of every full series of Level 1 material (usually about 20 weeks) in Bellydance Technique class. After these evaluations, instructors will tell students who are ready for level 2 that they can move up. All students can see the instructor for feedback on their progress (at evaluation time and at any time during their learning process). For extensive feedback, however, students should consider making arrangements for a private or mini-private lesson/evaluation so that enough time can be devoted to the student's individual concerns. Students who must miss review/evaluation days or would like to receive an evaluation at a different time can make arrangements for a private lesson/evaluation if they do not wish to wait until another evaluation day.
- Meet with an instructor to discuss your personal goals
  - This can be done during a private lesson, or other arrangements can be made. This step is essential for General Bellydance students so the instructor can guide them to the most beneficial classes.
- Take an active role in your dance education.
  - While the instructors will be evaluating all students' progress, it is essential that students interested in progressing in levels track their own progress, ask for feedback, and inform the instructors of their interest in progression and/or performance as well as their concerns. Each student is different and has different goals and the best way for the instructors to help you achieve your individual goals is to tell them what those goals are.
  - Practice at home, read any handouts, watch videos of belly dancers, listen to bellydance music, etc.

## **BASIC REQUIREMENTS TO ATTEND LEVEL 2 CLASSES AS A LEVEL 1.5**

**\*\*You MUST continue attending L1 technique class REGULARLY as long as you are still a Level 1.5 and wish to take L2 classes – if it is determined that you are not meeting this requirement, you will be asked to go back to level 1 classes only until you have achieved full level 2 status.\*\***

- Obtain a level of 'Min Proficiency' in all Level 1 technique (see chart on following page)
- Be evaluated by an instructor and receive instructor approval to begin attending Level 2 classes in addition to Level 1 classes (see above re: evaluation days)
- Meet with an instructor to discuss your personal goals
  - This can be done during a private lesson, or other arrangements can be made. This step is essential for General Bellydance students so the instructor can guide them to the most beneficial classes
- Take an active role in your dance education
  - While the instructors will be evaluating all students' progress, it is essential that students interested in progressing in levels track their own progress, ask for feedback, and inform the instructors of their interest in progression and/or performance as well as their concerns. Each student is different and has different goals and the best way for the instructors to help you achieve your individual goals is to tell them what those goals are.

- Practice at home, read your (and other) handouts, watch videos of belly dancers and bellydance tribes, listen to bellydance music, etc.

## LEVEL 1 GENERAL TECHNIQUE PROGRESS CHART

You can use this chart to track your progress through the Level 1 General Bellydance Technique curriculum. You will need to be fully proficient in each of these areas before moving on to level 2 classes. If you feel you have achieved this level of proficiency and would like to arrange an evaluation OR if you would like extra help or explanation of any of these moves, you can come to study hall or discuss other arrangements with an instructor for private instruction/evaluation.

<b>HIP</b>		<b>CHEST</b>	
Singles		Slides (all directions)	
Pelvic Locks		Exterior Boxes	
Twists		Exterior Circles	
Slides (all directions)		Raises/Drops	
Exterior Boxes		Interior Boxes ('tilted vertical' boxes)	
Exterior Circles		Interior Circles ('tilted vertical' circles)	
Interior Boxes		Forward 8s	
Interior Circles		Back 8s	
Forward 8s		Over 8s	
Back 8s		Under 8s	
Over 8s (Mayas)			
Under 8s (Taxims)		<b>SHOULDER</b>	
¾ Ups		Seesaw	
Basic Shimmy		Pushes	
		Rolls	
		3/4s	
<b>ARMS</b>		Basic Shimmy	
Basic Positions			
Waves		<b>FOOTWORK</b>	
		Flat Walk (Front, Back, and Side)	
<b>TOTAL BODY</b>		Releve Walk	
Undulations		Dancer Walk	
Reverse Undulations		Twist Walk	
		Step Touch	
<b>GENERAL DANCE CONCEPTS</b>		Cross Touch	
Plies/Levels		Turkish	
Tendus		Arabic	
Passe (Jazz)		Grapevine (front and back)	
Releve		3-Step Turn	
Rond De Jamb		Crossover Turn	

All isolations should be able to be done at least half time while walking (to any timing or direction) flat or releve with arms held in any of the basic positions.



# LEVEL 1 MUSICALITY TOPICS

## Basic Music Theory

- Understand the concept of the downbeat and be able to locate it in the music.
- Understand the concepts of quarter-time, half-time, full-time, double-time.
- Understand how these concepts relate to the Shambling Shimmies Bellydance Vocabulary.

*Example: What would we be asking for if we asked you to “walk full-time in releve, downbeat on the right with hip-singles half-time, downbeat on the left”*

## L1 Rhythm Recognition

Become familiar with the following common Middle Eastern rhythms. The skeletons are provided for reference:

**\*\*All L1 zill patterns and rhythms are also on the Shambling Shimmies L1 Rhythm Loops as well as the L2 Zill Drill and Drum Rhythm Loops \*\***

Balady 4/4

1	i	&	a	2	i	&	a	3	i	&	a	4	i	&	a
D		D				T		D				T			

Maqsoum 4/4

1	i	&	a	2	i	&	a	3	i	&	a	4	i	&	a
D		T				T		D				T			

Masmoudi 8/4

1	i	&	a	2	i	&	a	3	i	&	a	4	i	&	a	5	i	&	a	6	i	&	a	7	i	&	a	8	i	&	a
D				D				T	K	T	K	T				D		T	K	T	K	T		T	K	T	K	T			

Chiftitelli 8/4

1	i	&	a	2	i	&	a	3	i	&	a	4	i	&	a	5	i	&	a	6	i	&	a	7	i	&	a	8	i	&	a
D				K		T				K		T				D				D				T							

Ayoub 2/4

1	i	&	a	2	i	&	a
D			k	D		T	

## L1 Zills

Be able to play a basic Gallop (or Longa) pattern on the zills both ending on the downbeat and ending on the upbeat.

Gallop/Longa – Downbeat

1		&		2		&		3		&		4		&		1		&		2		&		3		&		4		&	
R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	

Gallop/Longa – Upbeat

1		&		2		&		3		&		4		&		1		&		2		&		3		&		4		&	
R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R		R	L	R	