

## **Beginners Curriculum (3+ months)**

### **Zils**

Standard triplet pattern (practiced separately)

### **Fast moves**

Slow shimmy

Boxstep (and with turn)

Chico

Arabic (and with arms and turn)

Pivot bump

Single bump (and with turn)

Double bump (and with turn)

Reach and sit (and with turn)

Egyptian (and with ½ turn)

Chico

### **Slow moves**

Hand Floreo

Floreo arms

Taxeem

Propeller turn

Corkscrew turn

Reverse turn

Bodywave

Torso rotation

Arm undulations

Circle step

Slow walk

### **Formations/transitions/combos**

Duet; trio; quartet formations

Turning the wheel with Egyptian, shimmy, Arabic; Floreo arms

Chorus

Travelling spin in a big circle

### **Concepts**

Resistance and release; Flock of birds

## **Continuing Beginners Curriculum (12 months)**

### **Zils**

Standard triplet pattern

### **Props**

Skirt, Shawl

### **Fast moves**

Turkish shimmy

Turkish shimmy  $\frac{1}{4}$  and  $\frac{1}{2}$  turns

Shoulder shimmy alternating and triplets

Shoulder shimmy combo (and with  $\frac{1}{2}$  turn)

Shoulder shimmy combo passing

Ghawazi shimmy combo

Resham-ka

Resham-ka passing

Waterpot

Roundhouse

Triple Egyptian

Triangle step

Egyptian Sevillana

Push forward (shawl or skirt variation, no zils)

Hips down shimmy up (Ghawazi dialect)

Shimmy set-up (Ghawazi dialect)

### **Slow moves**

Camel walk arms 1 and 2

Pulse turn

Loco camel

Wrap around turn

Ribcage rotation

### **Formations/transitions/combo**

Fades

Arabic side fades (Ghawazi dialect)

Boxstep fade (Ghawazi dialect)

## **Intermediate Curriculum (12+ months)**

### **Zils**

Military and Extended Military patterns

### **Props**

Flamenco fan; Basket: Tambourine; Veil

### **Fast moves**

Arc arms

Pivot flourish

Push forward with extended military zil pattern

Doubleback with military zil (and with ½ turn)

Turkish shimmy passing

Turkish shimmy with arms (and ½ turn and circle)

Sunanda

Sunanda duet

Arabic 1-2-3 (and with ½ turn)

Arabic hip twist and flourish

Arabic Double Spin

Arabic do-si-do

Chico passing

Chico circle up

Egyptian Full turn

Flamenco Triangle

Triple Sevillana (Ghawazi dialect)

Ghawazi 1 and 1/4 turn (Ruby Dhatura dialect)

Flamenco Triangle (Ghawazi dialect)

Flamenco Flair (Ghawazi dialect)

Jsi's Flamenco turn (Ghawazi dialect)

Moroccan (Ghawazi dialect)

### **Slow moves**

Headslides

Reverse taxeem

Barrel Turn

Flamenco arms (Ghawazi dialect)

Rainbow

Medusa ATS version

Matador (Ghawazi dialect)

Drama Queen (Ghawazi dialect)

Strong arm 1 and 2

Sahra turn

Camel passing

### **Formations/transitions/combos**

Diagonals

Turkish Shimmy with 1/4 turn and fade

Egyptian side fades (Ghawazi dialect)

Sevillana turning the wheel (Ghawazi dialect)

Loco camel turning the wheel (Ghawazi dialect)

## Advanced Curriculum

### Zils

Baladi pattern

Moroccan pattern

### Props

Sword; Manton

### Optional

Layback; Level drop

### Fast moves

Arabic shimmy with arms and turn (ASWAT)

Arabic shimmy with arms and turn and fade and circle

Dragonfly

Up2down3 with military zil and turn

Single bump  $\frac{1}{2}$  turn

Arabic hip twist with  $\frac{1}{2}$  turn

Arabic hip twist with flourish and fade

Arabic Orbit

Wet Dog

Calibrated spins cue 1 and 2

Partner spins

Resham-ka spin

Turkish Shimmy Cross-over

Alabama Twister

Egyptian Susan (Ghawazi dialect)

Sunanda with turn (Ghawazi dialect)

Contrary combo (Black Sheep dialect)

Switchback combo (Black sheep dialect)

### Slow moves

Walking Taxeem

Walking Bodywave

Medusa Indian version

Strong arm 3

Stella luna (Ghawazi dialect)

Circle step with  $\frac{1}{2}$  and 3 point turn

Torso twist with  $\frac{1}{2}$  and 3 point turn

Passing Sahra turn, Wrap around turn, Barrel turn

Kathak turn (Black Sheep format)

### Formations/transitions/combo

Duelling Duet

Duelling trios slow (Ghawazi dialect)

Arc arm passing trio

ASWAT duet

Sevillana passing and quartet (Ghawazi dialect)

Push forward fade (Ghawazi dialect)

Double back full turn combo (Ghawazi dialect)

Moroccan Box (Ghawazi dialect)

Triple Egyptian Box (Ghawazi dialect)