



## LEVEL 1 STEPS

Posture													
Gratitude (Moving Meditation, Puja)													
<b>SLOW</b>													
Figure 8 (Taxeem)													
Wrist Rotation (Hand Floreo)													
Arm Undulations													
Bodywave & Deep Bodywave													
Torso Twist													
Circle Step													
Propeller Turn													
Corkscrew Turn													
Reverse Turn													
<b>FAST</b>													
Zils													
Swivel Step (Egyptian)													
Rhythmic Undulation (Arabic)													
Pivot bump / Choo Choo - Arm 1 & 2													
Shimmy													
Reach & Sit													
Single Bump													
Double Bump													
Four Corners (Chico)													
<b>FORMATIONS</b>													
Formations: Duet													
Formations: Trio													
Formations: Quartet													
<b>OPTIONAL VOLUME 9</b>													
Box Step													



## LEVEL 2 STEPS

SLOW												
Walking Figure 8 (Taxeem)												
Walking Bodywave												
Balancing Step (Camel Walk) Arms 1 & 2												
Ribcage Rotation												
Reverse Figure 8 (Taxeem)												
Torso Twist - 1/2 Turn												
Torso Twist - 3 Point Turn												
Circle Step - 1/2 Turn												
Circle Step - 3 Point Turn												
FAST												
Forward & Back (Turkish) Shimmy												
Forward & Back (Turkish) Shimmy with Arms & Turn - FABSWAAT (TSWAAT)												
Hip Twist (Arabic)												
Hip Twist (Arabic) 1/2 Turn												
Single Bump 1/2 Turn												
Choo Choo Arc Arm												
Zils: Military Pattern												
Up 2 Down 3 & Military Zil Pattern												
Rhythmic Undulation (Arabic) Shimmy												
Rhythmic Undulation (Arabic) Shimmy with Arms & Turn - RUNSWAAT (ASWAAT)												



## LEVEL 2 STEPS continued

Shoulder Shimmy Hip Drop Combo												
Mazin-Inspired (Ghawazee) Shimmy Combo												
Sunanda												
Resham-ka												
Swivel Step (Egyptian) Full Turn												
Rhythmic Undulation (Arabic) Shimmy with Arms & Turn, Fade												
Rhythmic Undulation (Arabic) Shimmy with Arms & Turn, Circle												
Forward & Back (Turkish) Shimmy with Arms & Turn, Circle (TSHAAT) FABSWAAT												
Hip Twist Flourish (Arabic)												
Hip Twist Flourish (Arabic) Fade												
Hip Twist Flourish (Arabic) in a Circle												
Level Concept												
<b>FORMATIONS</b>												
Chorus												
Fade												
Diagonal												



## LEVEL 2 STEPS continued

OPTIONAL VOLUME 9 SLOW												
Pulse Turn												
The Rainbow												
Balancing Step with Turn (Loco Camel)												
Medusa 1												
OPTIONAL VOLUME 9 FAST												
Push Forward & Back - extended Military Zil Pattern												
Double Turn (Arabic)												
Roundhouse												
Triple Swivel (Egyptian)												
Dragonfly & Fade												



## LEVEL 3 STEPS

SLOW													
Wrap Around Turn													
Barrel Turn													
Sahra Turn													
FAST													
123 (Arabic)													
Waterpot													
Orbit (Arabic)													
Wet Dog													
Double back & 1/2 Turn													
Calibrated Spins													
Reverse Shimmy													
OPTIONAL VOLUME 9													
SLOW													
Medusa 2 (Indian version)													
Strong Arm, Variations 2 & 3													
Wrap Around Drop													
OPTIONAL VOLUME 9													
FAST													
Forward & Back (Turkish) Shimmy Cross-over (Duet)													
Alabama Twister													
Triangle Step, Fade & Circle													
Forward & Back (Turkish) Shimmy 1/4 Turn Fade													
Swivel Step Sweep Back (Egyptian Sevillana) & Circle													
Resham-ka Spins													
Do-Si-Do (Arabic)													



## LEVEL 3 STEPS continued

<b>FORMATIONS/COMBINATIONS</b>													
Partner Spins													
<b>EMBELLISHMENTS/SPECIALTIES</b>													
Belly Roll													
Level Drop & Full Level													
Headslide													
Flutter													
Layback													
Balancing Sword & Basket													
<b>FLOORWORK</b>													
Drop to Knees													
Knee Walk (Berber)													
Mermaid Turn													
Zipper													
Standing Drop													
Wrap Around Drop													
<b>OPTIONAL VOLUME 9</b>													
<b>FORMATIONS/COMBINATIONS</b>													
Dueling Duets													
Balancing Step Passing (Camel)													
Slow Diagonal Fade (Trio)													
Wrap Around Turn Passing													
Sahra Turn Passing													
Barrel Turn Passing													
Torso Twist Passing													
Four Corners (Chico) Passing													



## LEVEL 3 STEPS continued

OPTIONAL VOLUME 9 FORMATIONS/COMBINATIONS CONTINUED												
Forward & Back (Turkish) Passing												
Four Corners (Chico) Circle up Combo												
Choo Choo Arc Arm Combo												
Sunanda Duet Combo												
Rhythmic Undulation (Arabic) Shimmy with Arms & Turn, Combo (Duet)												
Swivel Step Sweep Back (Egyptian Sevillana) Passing												