

Salimpour Belly Dance Formats

Nomenclature Key

www.SalimpourSchool.com

The following symbols and abbreviations have been assigned for commonly used terms and commands in the Salimpour Formats.

**Symbols are exact (meaning a capital L for Left is always written as a capital L).*

***Shortened or abbreviated terms are written in lowercase letters, the first letter(s) may be capitalized. ***Timing symbols are often italicized.*

Symbols*	Meaning	Symbols*	Meaning
Ab	abdominal(s)	M	middle
B	back	O-I	out to in
B-F	back to front	Pt	point
C	center	Pv	pelvic
CCW	counterclockwise	Pvt	pivot
CW	clockwise	<i>qdt</i>	quadruplettime***
D	down	<i>qt</i>	quartertime***
Dk	debke	Rc	ribcage
db	downbeat	R	right
<i>dt</i>	doubletime***	RHF	right hip flexor
D-U	down to up	Rx	right cross (cymbals)
<i>et</i>	eighthtime***	S	side
F	front, forward	Sf	soft
F8	figure eight	Sft	shift
F-B	front to back	Sh	shimmy
Fm	family	Sp	spin
<i>ft</i>	fulltime***	St	step
GV	grapevine	U	up or upper
<i>ht</i>	halftime***	UAb	upper ab
Hd	hard	UB	upper back
H	home	ub	upbeat
H	hold (cymbals)	U-D	up to down
HF	hip flexor	T	Together (cymbals)
I-O	in to out	Tn	turn
Jm	Jamila (Format)	Tq	taqsim
Jz	jazz	Tv	travel
L	left	Tw	twist(s)
LHF	left hip flexor	V	V(s)
Lk	lock	Vb	Vibration
LoAb	lower ab	Wk	walk
LoB	lower back	Wt or wt	weight [placement]
Lx	left cross (cymbals)	Z or z	zagat, sagat (cymbals)

Stage Symbols* Meaning

Ustg	up stage
UstgL / UstgR	--- left / right
Dstg	down stage
DstgL / DstgR	--- left / right
Cstg	center stage
CstgL / CstgR	--left / right

Clock Symbols* Meaning

9:00cf	9 o'clock (clockface)
2:30cf	2:30 o'clock

Grid Symbols* Meaning

Gaud1 (2-9)	Audience Grid 1
Gstg1 (2-9)	Stage Grid 1

Abbreviation Meaning**

Alt or alt	alternate, alternating
Arm wave	arm wave(s)
Beg or beg	beginning
Cir or cir	circle
Ct(s) or ct(s)	count(s)
Diag or diag	diagonal
Dmd or dmd	diamond
Dom or dom	dominant
Ext or ext	exterior
Ext hip cir	exterior hip circle
Ext Rc cir	exterior rib circle
Ext hip sq	exterior hip square
Ext Rc sq	exterior rib square
Foot / feet	foot / feet
Glute	glute
Hex or hex	hexagon

Abbreviation Meaning**

Int or int	interior
Int hip cir	interior hip circle
Int Rc cir	interior rib circle
Int hip sq	interior hip square
Int Rc sq	interior rib square
Oblq or oblq	oblique
Oct or oct	octagon
Opt or opt	optional
Pyr or pyr	pyramid
Rev or rev	reverse
Sgl or sgl	single(s)
Sgl-sgl-3/4	single-single-3/4
Sq or sq	square
Und or und	undulation(s)

Commands are written in the following syntax:***Movement, direction (if any), timing, downbeat.****Examples:*

Int hip sq CCW ht db F

Tw ft db R

Wk flat F ht db R

Abbreviations are written in lower case letters:***The first letter(s) may be capitalized.****Examples:*

ext hip cir (correct)

Ext Hip Cir (correct)

Ext hip cir (correct)

EXT HIP CIR (incorrect)

Counts are designated in box brackets.

Below are examples of how to designate counts. Advanced material will be provided separately.

Correct Examples:

Alt int hip sq CW qt db F [8 cts]

Alt int hip sq CCW ht db B [1-8]

Incorrect Examples:

Alt int hip sq CW qt db L (8cts)

Alt int hip sq CW qt db B {1-8}

Finger cymbals are hyphenated and designated in box brackets.

Below are basic examples of finger cymbal notation. Advanced material will be provided separately.

Correct Examples:

3-1-3-1-3

[3-1-3-1-3]

z[3-1-3-1-3] A lowercase z may **proceed** a pattern if needed to prevent confusion between designated cymbal patterns and counts.

Incorrect Examples:

31313

3,1,3,1,3

(3-1-3-1-3)

{3-1-3-1-3}

[3-1-3-1-3]z

Finger cymbal modifications are placed outside the box brackets.

Examples and Notes:

[3-1-3-1-3]L. The default cymbal pattern is R dom; adding L after the brackets means the pattern is played L dom.

[3-1-3-1-3]L, Rx. This indicates the pattern will be played L dom, and the R hand will cross over to play the L (3 cymbal pattern).

[3-1-3-1-3]R. The default cymbal pattern is R dom; adding the R after this pattern is redundant and might be potentially confusing.

Jamila Format Step Shorthand

Note: When written in shorthand, step names are hyphenated as below. The shorthand terms are symbols, not abbreviations, so they must be written exactly as they appear below. The symbol Jm can be added, for clarity, when designating a Jamila format step. As an example, for Zanouba, which is a Jamila stylized grapevine, you would write Jm-GV to designate the Jamila stylization.

Basic Egyptian Family (BsE-Fm)

BsE	Basic Egyptian
BsE-BWk	--Backwalk
BsE-Wk-w/Pvt	-- Walk with Pivot
BsE-Wk-w/Pvt-Ang	--Walk with Pivot Angled
Bow-St	Bow Step
St-F-B-F	Step Forward-Back-Forward
BsE-w/Full-Sp	Full Spin with Basic Egyptian
BsE-w/Open-Sp	Open Spin with Basic Egyptian
Pvt-Sft-St	Pivot Shift Step
Pvt-Sft-St-w/1/2-Tn	Pivot Shift Step with Half Turn
Tw-St	Twist Step
Tw-St-w/Leg-Lift	-- with Leg Lift
Sync-Pvt-Sft-St	Syncopated Pivot Shift Step
Pvt-Sft-St-w/Full-Sp	Pivot Shift Step with Full Spin
Pvt-Sft-St-w/Open-Sp	Pivot Shift Step with Open Spin
V-St	V Step
V-St-w/Sp	-- with Spin
V-St-w/Pvt-Sft-St	-- with Pivot Shift Step
V-St-w/Pvt-Sft-St-&-Sp	-- with Pivot Shift Step & Spin
CCW-Pvt-ht	CCW Pivot Halftime
CCW-Pvt-ft	-- Fulltime
CCW-Pvt-dt	-- Doubletime
CCW-Pvt-1U-1D	-- One Up, One Down
CCW-Pvt-w/Leg-Lift	-- with Leg Lift
Stomp-St	Stomp Step
CCW-Pvt-Sp	CCW Pivot Spin
Whip-Sp-w/Tw	Whip Spin with Twist
5-Ct	Five Count
5-Ct-w/1/2-Sp	-- with Half Spin
5-Ct-w/Full-Sp	-- with Full Spin
4-Ct	Four Count
X-St	X Step

Debke Family (Dk-Fm)

Dk1, Dk2, Dk3, Dk4, Dk5 Debke 1-5

Arabic Family (A-Fm)

A1, A2, A3, A4 Arabic 1-4
8-Ct Eight Count

Running Choo-Choo Family (Run-Choo-Fm)

Run-Choo Running Choo-Choo
4F4B 4 Forward, 4 Back
2F2B 2 Forward, 2 Back
1F1B 1 Forward, 1 Back
FMMB Forward, Middle, Middle, Back
Jm-GV Zanouba

Shimmy Family (Sh-Fm)

Sgls-U-ht Singles on the up Halftime
Sgls-U-ft Singles on the up Fulltime
Choo Choo-Choo
Sh-Sp Shimmy Spin
Stomp-St-w/Sh Stomp Step with Shimmy
Algerian-Sh Algerian Shimmy
4-4-Sh Four-Four Shimmy
Sgls-D Singles on the Down
Ahmad-Sh Ahmad Shimmy
3/4-Sh (3/4-U) 3/4 Shimmy: 3/4 on the Up
F&B&-Wk234 F-and-B-and Walk-2-3-4
3/4-Sh-Sp 3/4 Shimmy Spin
3/4-Sh-w/Tw 3/4 Shimmy with Twist
123& One, Two, Three, And
3/4-Flamenco Three Quarter Flamenco
Samiha Samiha

Salaam Family (Salaam-Fm)

Greeting-St Greeting Step
Salaam-St Salaam Step
Brush-St Brush Step
Bounce-St Bounce Step
Salaam-St-Cir Salaam Step in Circle
Horse-St Horse Step

Taqsim Family (Tq-Fm)

Bs-Tq	Basic Taqsim
Rev-Bs-Tq	Reverse Basic Taqsim
Maya	Maya
Rev-Maya	Reverse Maya
Cir-St	Circle Step
Crescent-St	Crescent Step
Crescent-St-w/PvLks	Crescent Step with Pelvic Locks
Turkish-Wk	Turkish Walk
Turkish-BWk	Turkish Backwalk
Pyramid-St (Suzi-Q)	Pyramid Step / Suzi Q
Goosh-St	Goosh Step
Goosh-Sp	Goosh Spin
F8-BWk	F8 Backwalk
Rc-F8-&-RcLks	Ribcage F8s & Chest Locks

Spins

3-St-Turn (Full-Sp)	Three-Step Turn (Full Spin)
Open-Sp	Open Spin
4/4-Sp	4/4 Spin
2/4-Sp	2/4 Spin
Diag-2/4-Sp	Diagonal 2/4 Spin
Centrifugal-Sp	Centrifugal Spin
O-U-O-D-Sp	Out-Up-Out-Down Spin
I-O-Sp	In-Out Spin

Head Movements

F-S-Around-Crescent	Forward, Side, Around, Crescent
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Jamila Format Reverse Steps

In the Jamila Salimpour format, reverse means mirror image. When documenting a reverse Jamila step in nomenclature shorthand, use "Rev" with a hyphen as a prefix to the step name. When used as part of a formal Jamila step name, the "R" in reverse must be capitalized. Rev-Maya is correct, but rev-Maya is incorrect. Rev-Tw-St is correct, but REV-Tw-St is incorrect.

When writing out a step in full without abbreviations, both of these options are acceptable:
Reverse-Twist-Step and Reverse Twist Step.

Notes about Turns and Spins

In the Jamila Salimpour format, the terms *spin* and *turn* are used synonymously and interchangeably.

When calling out commands for steps including turns, the turn can be listed first or second; as an example, it is correct to say either "Basic Egyptian with Open Spin" or "Open Spin with Basic Egyptian"; the same is true for steps when written in longhand without abbreviation.

When documenting steps including turns in the abbreviated format, the primary move is written first, followed by the turn. Using the same step, BsE-w/Open-Sp is correct, but Open-Sp-w/BsE is incorrect.