

Jamila Salimpour Format Step Families

Basic Egyptian Family

Basic Egyptian (L1-5th)
Basic Egyptian Backwalk (L1-5th)
Basic Egyptian Walk with Pivot (L1-5th)
Basic Egyptian Walk with Pivot Angled (L1-5th)
Bow Step (default)
Step Forward-Back-Forward (L1-2nd)
Full Spin with Basic Egyptian (L1-2nd)
Open Spin with Basic Egyptian (L1-2nd&5th)
Pivot Shift Step (L1-5th)
Half Turn with Pivot Shift Step (L1-5th)
Twist Step (L1-2nd)
Twist Step with Leg Lift (L1-2nd)
Syncopated Pivot Shift Step
Full Spin with Pivot Shift Step
Open Spin with Pivot Shift Step
V Step
V Step with Spin
V Step with Pivot Shift Step
V Step with Pivot Shift Step & Spin
CCW Pivot Halftime (L1-5th)
CCW Pivot Fulltime (L1-5th)
CCW Pivot Doubletime (L1-5th)
CCW Pivot: One Up, One Down (L1-5th)
CCW Pivot with Leg Lift (L1-5th)
Stomp Step
CCW Pivot Spin
Whip Spin with Twist
Five Count (L1-2nd)
Five Count with Half Spin (L1-2nd)
Five Count with Full Spin (L1-2nd)
Four Count
X Step

Arabic Family

Arabic 1-4 (L1-5th)
Eight Count

Running Choo-Choo Family

Running Choo-Choo (L1-4th)
4 Forward, 4 Back (L1-4th)
2 Forward, 2 Back (L1-4th)
1 Forward, 1 Back (L1-4th)
Forward, Middle, Middle, Back (L1-4th)
Zanouba (default)

Shimmy Family

Singles on the up Halftime (L1-5th)
Singles on the up Fulltime (L1-5th)
Choo-Choo
Shimmy Spin
Stomp Step with Shimmy
Algerian Shimmy
Four-Four Shimmy
Singles on the Down
Ahmad Shimmy
3/4 Shimmy: 3/4 on the Up
F-and-B-and Walk-2-3-4
Three Quarter Shimmy Spin
Three Quarter Shimmy with Twist
One, Two, Three, And
Three Quarter Flamenco
Samiha

Salaam Family

Greeting Step
Salaam Step
Brush Step
Bounce Step
Salaam Step in Circle
Horse Step

Debke Family

Debke 1 (basic)
Debke 2 (F & B &)
Debke 3 (chasse swing)
Debke 4 (brush stomp)
Debke 5 (hop heel dig)

Taqsim Family

Basic Taqsim (L1-5th)
Reverse Basic Taqsim (L1-5th)
Maya (L1-2nd)
Reverse Maya (L1-2nd)
Circle Step (L1-2nd)
Crescent Step (L1-2nd)
Crescent Step with Pelvic Locks
Turkish Walk
Turkish Backwalk
Pyramid Step / Suzi Q
Goosh Step
Goosh Spin
F8 Backwalk
Rib Figure Eights & Chest Locks

Spins

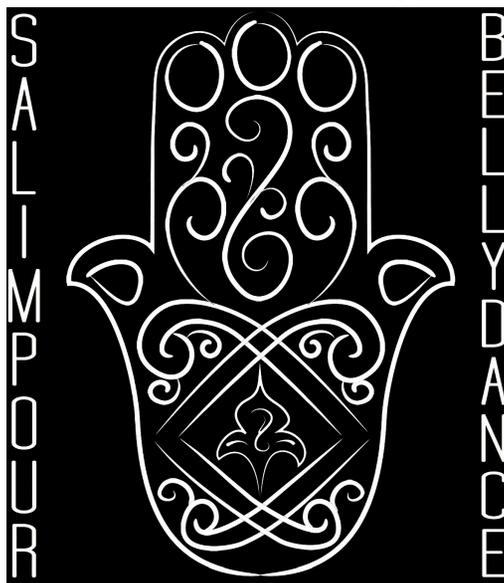
Three-Step Turn (Full Spin) (L1-2nd)
Open Spin (L1-2nd)
4/4 Spin (L1-2nd)
2/4 Spin (L1-2nd)
Diagonal 2/4 Spin
Centrifugal Spin
Out-Up-Out-Down Spin
In-Out Spin

Head Movements

Forward, Side, Around, Crescent

Jamila Salimpour Belly Dance Format

Step Families and
Finger Cymbal Patterns



A Salimpour School
Learning Tool

SalimpourSchool.com

Finger Cymbals

All patterns R & L hand dominant

Alt slgs (<i>ht, ft</i>)	3s LRT
3s (<i>ht, ft</i>)	3-1-3-1-3 LRT
3-1-3-1-3	7s LRT
7s	3-3-7 LRT
3-3-7	3-7-3 LRT
3-7-3	5s LRT
Running 5s	3-5-5 LRT
3-5-5	5-5-3 LRT
5-5-3	3-5-1-3 LRT
3-5-1-3	3-1-5-3 LRT
3-1-5-3	LRR
4s	RLRR-LRLL
4-1-4-1-4	LRR-LRR-LR
4-4-7	LRRx4 & 4
4-7-4	6s
4-5-5	Running 7s
5-5-4	10s
4-5-1-4	2-6
4-1-5-4	2-6-10
Alt 4s & 5s	4-4-10
R-L-RL	7-1-3-3
2s	2-6-10-7-1-3-3
2-1-2-1-2	Moori
2-2-7	Karshilama x 4
2-7-4	Waheda
2-5-5	1-5-5-3-3-3
5-5-2	Rx
2-5-1-2	Lx
2-1-5-2	Claps