

Jamila Format 12 Week Rotation

Warm-Up (15 min) including:

--Glutes

--Rib Slides & Circles

--Arm Waves

--Undulations

--Rib Figure 8s

--Head Movements

Standing Drills with Cymbals (5 min)

Walk with Cymbals in Circle (5 min)

Basic Review (breakdown & run with music) (10 min)

New Material (breakdown & drill with music) (25 min)

--For Taqsim Weeks (15 min on moves, 10 min on Taqsim)

Review of class material (10 min)

Cool Down (5 min)

Note: Step breakdowns include defaults and reverses unless otherwise noted.

Week	L1 Review	L1 New Material	L2 New Material
Week 1	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Walk with Pivot on an Angle (L1: 5th)	Syncopated Pivot Shift Step (none)
	Basic Egyptian Family Review	Bow Step (default)	Full Spin with Pivot Shift Step (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	Open Spin with Pivot Shift Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Basic Taqsim (L1: 5th)	Taqsim Family
	Basic E Walk with Pivot (L1: 5th)	Reverse Basic Taqsim (L1: 5th)	F8 Backwalk (none)
	Full Spin with Basic E (L1: 2nd)		Spins
			Out-Up-Out-Down Spin (default)
			In-Out Spin (default)
Week 2	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Open Spin with Basic E (L1: 2nd & 5th)	V Step (none)
	Basic Egyptian Family Review	Step F-B-F (L1: 2nd)	V Step with Turn (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	V Step with Pivot Shift Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Basic Taqsim (L1: 5th)	V Step with Pivot Shift Step & Turn (none)
	Basic E Walk with Pivot (L1: 5th)	Reverse Basic Taqsim (L1: 5th)	Taqsim Family
	Full Spin with Basic E (L1: 2nd)		Pyramid Step / Suzi Q (none)
Week 3	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Pivot Shift Step (L1: 5th)	Stomp Step (none)
	Basic Egyptian Family Review	Half Turn with Pivot Shift Step (L1: 5th)	CCW Pivot Spin (none)
	Basic Egyptian (L1: 5th)		X Step (none)
	Basic Egyptian Backwalk (L1: 5th)		Four Count (2nd)
	Basic E Walk with Pivot (L1: 5th)		Taqsim Family
	Full Spin with Basic E (L1: 2nd)		Turkish Backwalk (2nd)
Week 4	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Salaam Family
	Twists	Twist Step (L1: 2nd)	Greeting Step (none)
	Basic Egyptian Family Review	Twist Step with Leg Lift (default)	Salaam Step (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	Brush Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Maya (L1: 2nd)	Horse Step (none)
	Basic E Walk with Pivot (L1: 5th)	Reverse Maya (L1: 2nd)	
	Full Spin with Basic E (L1: 2nd)		

Week 5	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Salaam Family
	Glutes	Five Count (L1: 2nd)	Bounce / Hop Back Step (none)
	Basic Egyptian Family Review	Five Count with Half Spin (L1: 2nd)	Salaam Step in Circle (none)
	Basic Egyptian (L1: 5th)	Five Count with Full Spin (L1: 2nd)	Taqsim Family
	Basic Egyptian Backwalk (L1: 5th)	Taqsim Family	Crescent Step with Pelvic Locks (none)
	Basic E Walk with Pivot (L1: 5th)	Maya (L1: 2nd)	
	Full Spin with Basic E (L1: 2nd)	Reverse Maya (L1: 2nd)	

Week 6	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Arabic Family
	Glutes	CCW Pivot ht (L1: 5th)	Eight Count (2nd)
	Basic Egyptian Family Review	CCW Pivot ft (L1: 5th)	Shimmy Family
	Basic Egyptian (L1: 5th)	CCW Pivot: One Up, One Down (L1: 5th)	Choo-Choo (none)
	Basic Egyptian Backwalk (L1: 5th)	<i>CCW Pivot Family: Includes CW, Reverse, & Reverse CCW</i>	Shimmy Spin (none)
	Basic E Walk with Pivot (L1: 5th)		Stomp Step with Shimmy (default)
	Full Spin with Basic E (L1: 2nd)		Taqsim Family
			Turkish Walk (none)

Week 7	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Shimmy Family
	Glutes	CCW Pivot ht ft One UP Down review	Singles on the Down (none)
	Basic Egyptian Family Review	CCW Pivot dt (introduce) (L1: 5th)	Ahmad Shimmy (none)
	Basic Egyptian (L1: 5th)	CCW Pivot with Leg Lift (L1: 5th)	Samiha (none)
	Basic Egyptian Backwalk (L1: 5th)	<i>CCW Pivot Family: Includes CW, Reverse, & Reverse CCW</i>	
	Basic E Walk with Pivot (L1: 5th)		
	Full Spin with Basic E (L1: 2nd)		

Week 8	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Shimmy Family	Shimmy Family
	Glutes	Singles on the Up halftime (L1: 5th)	Algerian Shimmy (2nd)
	Basic Egyptian Family Review	Singles on the Up fulltime (L1: 5th)	Four-Four Shimmy (2nd)
	Basic Egyptian (L1: 5th)	Taqsim Family	Taqsim Family
	Basic Egyptian Backwalk (L1: 5th)	Circle Step (L1: 2nd)	Goosh Step (default)
	Basic E Walk with Pivot (L1: 5th)	Crescent Step (L1: 2nd)	Goosh Spin (default)
	Full Spin with Basic E (L1: 2nd)		

Week 9	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Arabic Family	Shimmy Family
	Glutes	Arabic 1-4 (L1: 5th)	¾ Shimmy: 3/4 on the Up (none)
	Basic Egyptian Family Review	Taqsim Family	F-and-B-and Walk-2-3-4 (none)
	Basic Egyptian (L1: 5th)	Circle Step (L1: 2nd)	3/4 Shimmy Turn (none)
	Basic Egyptian Backwalk (L1: 5th)	Crescent Step (L1: 2nd)	Basic Egyptian Family
	Basic E Walk with Pivot (L1: 5th)		Whip Spin with Twist (default)
	Full Spin with Basic E (L1: 2nd)		Taqsim Family
			Rib Figure Eights & Chest Locks

Week 10	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Running Choo Choo Family (default only)	Shimmy Family
	Glutes	Running Choo Choo (L1: 4th)	¾ Shimmy with Twist (none)
	Basic Egyptian Family Review	4F4B, 2F2B, 1F1B (L1: 4th)	One, Two, Three, And (2nd)
	Basic Egyptian (L1: 5th)	FMMB, BMMF (L1:4th)	¾ Flamenco (none)
	Basic Egyptian Backwalk (L1: 5th)	Zenouba (default)	Spins
	Basic E Walk with Pivot (L1: 5th)	Spins	Diagonal 2/4 Spin (default)
	Full Spin with Basic E (L1: 2nd)	Basic 4/4 Spin (L1: 2nd)	Centrifugal Spin (default)

Week 11	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Running Choo Choo Family	Debke Family
	Glutes	<i>Reverse Week 10</i>	Debke 1
	Basic Egyptian Family Review	Spins	Debke 2
	Basic Egyptian (L1: 5th)	Spinning in 2/4 (L1: 2nd)	Debke 3
	Basic Egyptian Backwalk (L1: 5th)		Debke 4
	Basic E Walk with Pivot (L1: 5th)		Debke 5
	Full Spin with Basic E (L1: 2nd)		

Week 12	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Review of JL1 Material	Review of JL2 Material
	Glutes		
	Basic Egyptian Family Review		
	<i>See previous weeks for step list</i>		

Cymbals	L1 Cymbals	L2 Cymbals	L3 Cymbals
<i>All R and L</i>	Singles	4s	6s
<i>hand dom</i>	3s (Longa)	4-1-4-1-4	2-6
	3-1-3-1-3	4-4-7	10s
	7s	4-7-4	2-6-10
	3-3-7	4-5-5	4-4-10
	3-7-3	5-5-4	Running 7s
	Running 5s	4-5-1-4	7-1-3-3
	3-5-5	4-1-5-4	2-6-10-7-1-3-3
	5-5-3	Alternating 4s & 5s	Moori
	3-5-1-3	RT	Karshilama (four patterns)
	3-1-5-3	3 patterns with LRT	Taqsim (Waheda)
	R-L-RL	LRR	Taqsim (1-5-5-3-3-3)
		RLRR-LRLL	
		LRR-LRR-LR	
		LRRx4 & 4	
		R & L Cross	
		2s	
		2-1-2-1-2	
		2-2-7	
		2-7-2	
		2-5-5	
		5-5-2	
		2-5-1-2	
		2-1-5-2	