

Foundations 2 Technique Practical Exam

These drills are designed to test Foundations 2 dancers on their technique, Jamila vocabulary, and ability to know the default Jamila vocabulary moves. Note that additional submissions via private lessons may be required to meet skill level approval.

Directions

- The combo drills will be done solo, meaning only one student.
- Each combination is 32 counts.
- Perform each combination in the order provided.
- Perform each step for 8 counts, unless otherwise noted.
- Repeat the combo a total 2 times (64 counts), and then, without stopping, reverse the combination and perform the reversed phrase a total of 2 times (64 counts).
- Include finger cymbals, using different patterns throughout the drill. Submit documentation of which finger cymbal patterns were used with which drills.

Film

- The combo technique drills must be filmed in a space with lighting bright enough for clear video evaluation of the required technique.
- Hands and feet must be in the frame at all times at the same time.
- Your video should be approximately 45 minutes to one hour.
- Speak out the combination before each drill. Each combo drill must be verbally called out (*either live or recorded over the music*) by the dancer. Example: Say "Combination 1" and then perform combination 1.
- See supplemental documentation for details on how to film.

Music

- Use the Saidi rhythm loop for the drills.
- Use the Waheda rhythm loop for the Taqsim drills listed at the end.
<https://www.salimpourstore.com/collections/music-qne-video/products/drum-rhythm-musicals-loops-downloads>.

Combination 1

- Whip Spin with Twist [16 cts]
- 3/4 Shimmy Spin
- Salaam Step in a Circle

Combination 2

- 3/4 Shimmy Spin
- Shimmy Spin
- Full Spin with Syncopated Pivot-Shift-Step
- Diagonal 2/4 Spin

Combination 3

- Brush Step
- Twist Step with Leg Lift
- CCW Pivot Spin
- Eight Count

Combination 4

- V Step with Pivot Shift Step and Spin [16 cts]
- X Step
- Zanouba

Combination 5

- Debke 5
- Bounce Step
- Goosh Step (double the timing)
- FMMB

Combination 6

- Basic Egyptian (double the timing)
- Four-Four Shimmy
- Four-Four Shimmy
- CCW Pivot Spin

Combination 7

- Bow Step
- Samiha
- Five Count with Half Spin
- 2F2B

Combination 8

- Centrifugal Spin
- Open Spin with Pivot Shift Step
- Debke 1
- Step Forward-Back-Forward

Combination 9

- Salaam Step
- Arabic 3
- Algerian Shimmy
- Choo-Choo

Combination 10

- Half Turn with Pivot Ship Step
- Four Count
- 2F2B
- 3/4 Flamenco

Combination 11

- Twist Step to the Left
- Running Choo Choo
- Greeting Step
- Basic Egyptian Walk with Pivot on an Angle

Combination 12

- Basic Egyptian Walk with Pivot on an Angle traveling B
- V Step
- 3/4 Shimmy Twist traveling F
- F8 Backwalk

Combination 13

- Out-Up-Out-Down Spin
- 1F1B
- One, Two, Three, And
- Syncopated Pivot Shift Step

Combination 14

- Arabic 4
- 3/4 Shimmy
- 3/4 Shimmy Spin
- 4F4B

Combination 15

- CCW Pivot: One Up, One Down
- CCW Pivot Spin
- Half Turn with Pivot Shift Step
- Zanouba

Taqsim Exam

Using the Wahada loop, improvise for 2 minutes using the provided moves. Each set of moves will be its own 2-minute improvisation set.

- Taqsim Set 1: Basic Taqsim, Reverse Basic Taqsim; F8 Backwalk
- Taqsim Set 2: Maya; Reverse Maya
- Taqsim Set 3: Circle Step; Crescent Step; Crescent Step with Pelvic Locks
- Taqsim Set 4: Turkish Walk; Turkish Backwalk

- Taqsim Set 5: Goosh Step; Goosh Spin