

Many of these Shimmies are on the Videos 21 Shimmies & 1,000 Variations (1 & 2) with Leyla Jouvana.

Beginning Raqs Sharqi

Shimmies

- ★Zhagareet
- ★Twist
- ★Shoulder shimmy
- ★Hand Shimmy
- ★Basic shimmy
- ★Steady shimmy
- ★ $\frac{3}{4}$ shimmy
- ★Egyptian shimmy
- ★Freeze shimmy (muscle shimmy)
- ★Vibration shimmy
- ★Egyptian vibration
- ★Chest rotation
- ★Rotation Shimmy
- ★Omni
- ★Choo choo

Technique

- ★Mayas
- ★scoops
- ★Camel and reverse camels
- ★Snake arms
- ★Figure 8s

Intermediate Raqs Sharqi

Shimmies

All other 3/4 variations

Accent on 2

Reverse

Rolling

Twisting

Ghawazee

Persian shoulder shimmy

Shimmy Cairo Style

Flutter Shimmy

Samba Shimmy

Saudi Arabic Shoulders

Folkloric Shoulder Shimmy

Head shimmy

Hagala

Double Hagala

Suheir Zaki & double

Arabi figure 8

Sliding hip circle

Bedouin Shimmy

Pelvic Shimmy

Muscle shimmy

Calf Shimmy

Buttock shimmy

Balady shoulder Shimmy

Technique

Corkscrew

Hair flips

Jewel

Ansuya hips

Barrel turn

Egyptian Hip turns

Banana

Grace, Arms, veils & Traveling

Basic Egyptians

Beledi walks

Turns 3 count and pirouette

Candle arms

Hurricane turns (both arms, single arm & alt. arms)

Egyptian arms

French Crab

Veil

Arabesque & fake out Arabesque

Jenga step

BASIC TECHNIQUES

- ★ Shimmy from the knees
- ★ Shimmy from the hips
- ★ Mayas
- ★ Scoops
- ★ Figure 8 1D
- ★ Figure 8 3D
- ★ Reverse Figure 8
- ★ $\frac{3}{4}$ Shimmy
- ★ Hip isolations
- ★ Shoulder isolations
- ★ Chest isolations
- ★ Snake arms
- ★ Hip drops
- ★ Choo choo
- ★ Omni
- ★ Walks
- ★ Basic egyptians
- ★ Turns
- ★ Arm movements

ADVANCE TECHNIQUES

- ★ Hair flips
- ★ Camels (lower and upper)
- ★ Corkscrew
- ★ Banana
- ★ Layering
- ★ Alternating shoulders
- ★ Shoulder rolls
- ★ Shoulder figure 8
- ★ Ansuya hips
- ★ Arabesque
- ★ Adv.Turns
- ★ Lotus hands
- ★ Turkish drops
- ★ Floor movements
- ★ French Crab
- ★ Dips
- ★ Bendovers
- ★ Jenga step
- ★ Jewel
- ★ Reda

OTHER TECHNIQUES TO LEARN

- ★ Veil
- ★ Double Veil
- ★ Cane (Egyptian)
- ★ Sword
- ★ Zils
- ★ Fans (used in Zambra)
- ★ Candles
- ★ Isis wings

DIFFERENT M.E.D. STYLES

- ★ American Cabaret
- ★ Egyptian Cabaret
- ★ Classical Egyptian
- ★ Bhangra
- ★ Tribal
- ★ American Tribal
- ★ Zambra
- ★ Persian
- ★ Turkish
- ★ Debke

Rhythm Identification

Keep in mind that there are many variations of these rhythms. The following are common and basic descriptions.

Saidi

Dun tec dun dun tec

Beledi

Dun dun teca tec dun teca tec

Maqsoom

Dun tec tec dun tec

Malfoof

Dun cateca tec (or dun tec tec)

Masmoudi

Dun dun tec tec dun tec tec (Can start with 3 duns)

Khaleggi

Dundun teca teca tec

Bambi

Dun dun dun cateca tec cateca tec

Jerk

Dun tec dun tec

Chobi

Dun dun dun dun dun teca tec

Chiftelli

Dun ca teca tec dun dun tec (or Dun ca teca tec dun dun dun)

Ayoob

Dun tec dun