



FAST MOVES

ARABIC

Arabic Basic	Arabic Shimmy
Arabic Hip Twist	Arabic Shimmy with Arms and Turn (ASWAT)
Arabic Hip Twist Half Turn	ASWAT Fade
Arabic Hip Twist Flourish (AHTF)	ASWAT Circle
AHTF Fade	Arabic Orbit
AHTF Circle	Arabic Double Turn
Arabic 1-2-3	

EGYPTIAN

Egyptian Basic	Egyptian Full-Turn
Egyptian Half-Turn	Egyptian Sevilliana

PIVOT BUMP

Pivot Bump	Up2Down3
Choo-Choo	Chico Four Corners
Pivot Bump Arc (Choo-Choo Arc)	Double Back
Double Bump (Choo-Choo Doubles)	Double Back Half Turn
Single Bump (Choo-Choo Singles)	Box Step
Single Bump Half-Turn	Triangle Step
Resham-Ka	Push Forward & Back
Reach and Sit	

SHIMMIES

Shimmy Step (Basic Shimmy)	Reverse Taxeem Shimmy
Turkish Shimmy	Shoulder Shimmy hip drop
Turkish Shimmy Quarter turn	Ghawazee Shimmy Combo
Turkish Shimmy Half turn	Sunanda
Turkish Shimmy with Arms and Turn (TSWAT)	Wet Dog!
TSWAT in Circle	

SPINS

Spins	Water Pot
Partner spins	





SLOW MOVES

URNS

Barrel Turn	Sahra Turn
Corkscrew Turn	Wrap-Around Turn
Propellor Turn	Pulse Turn
Reverse Turn	

UNDULATIONS

Arm Undulation	Deep Bodywave
Floreo	Layback
Belly Roll	Walking Bodywave
Bodywave	

ROTATIONS

Circle Step	Torso Rotation
Ribcage Rotation	Torso Twist

FIGURE EIGHTS

Taxeem	Walking Taxeem
Reverse Taxeem (Maya)	

OTHERS

Posture	Levels
Prayer (Puja)	Head Slides
Camelwalk	The Rainbow
Loco Camel	Medusa Combo
Flutter	

FLOOR

Simple Drop to the knees	The "Zipper"
The Berber Walk	The Standing Drop
Mermaid Turn	

