

# Salimpour Vocabulary Step Families

## Basic Egyptian Family

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

## Arabic Family

Arabic 1-4 (L1-5<sup>th</sup>)  
    Eight Count

## Running Choo-Choo Family

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

## Shimmy Family

Singles on the up Halftime (L1-5<sup>th</sup>)  
Singles on the up Fulltime (L1-5<sup>th</sup>)  
    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 (L1-5<sup>th</sup>)  
Reverse Basic Taqsim (L1-5<sup>th</sup>)  
Maya (L1-2<sup>nd</sup>)  
Reverse Maya (L1-2<sup>nd</sup>)  
Circle Step (L1-2<sup>nd</sup>)  
Crescent Step (L1-2<sup>nd</sup>)  
    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

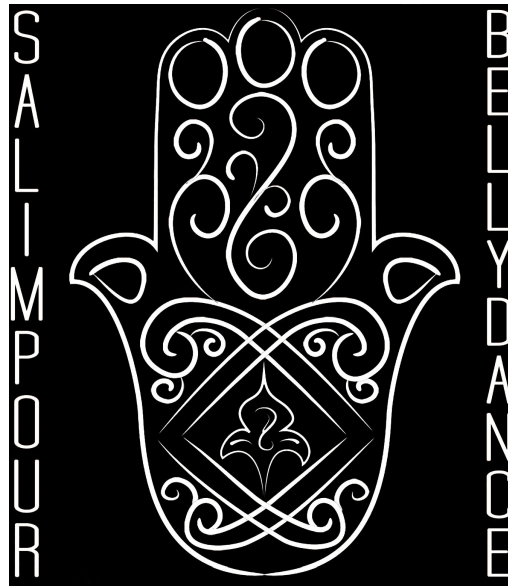
Three-Step Turn (Full Spin) (L1-2<sup>nd</sup>)  
Open Spin (L1-2<sup>nd</sup>)  
4/4 Spin (L1-2<sup>nd</sup>)  
2/4 Spin (L1-2<sup>nd</sup>)  
    Diagonal 2/4 Spin  
    Centrifugal Spin  
    Out-Up-Out-Down Spin  
    In-Out Spin

## Head Movements

Forward, Side, Around, Crescent

# Salimpour Belly Dance Vocabulary

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          |