

Salimpour School: Jamila Format Step Shorthand

Note: When written in shorthand, step names are hyphenated as below. The shorthand terms are symbols, not abbreviations, so they must be written exactly as they appear below. The symbol Jm can be added, for clarity, when designating a Jamila format step. As an example, for Zanouba, which is a Jamila stylized grapevine, you would write Jm-GV to designate the Jamila stylization.

<u>Basic Egyptian Family (BsE-Fm)</u>		<u>Arabic Family (A-Fm)</u>		<u>Taqsim Family (Tq-Fm)</u>	
BsE	Basic Egyptian	A1, A2, A3, A4	Arabic 1-4	Bs-Tq	Basic Taqsim
BsE-BWk	--Backwalk	8-Ct	Eight Count	Rev-Bs-Tq	Reverse Basic Taqsim
BsE-Wk-w/Pvt	-- Walk with Pivot	<u>Running Choo-Choo Family (Run-Choo-Fm)</u>		Maya	Maya
BsE-Wk-w/Pvt-Ang	--Walk with Pivot Angled	Run-Choo	Running Choo-Choo	Rev-Maya	Reverse Maya
Bow-St	Bow Step	4F4B	4 Forward, 4 Back	Cir-St	Circle Step
St-F-B-F	Step Forward-Back-Forward	2F2B	2 Forward, 2 Back	Crescent-St	Crescent Step
BsE-w/Full-Sp	Full Spin with Basic Egyptian	1F1B	1 Forward, 1 Back	Crescent-St-w/PvLks	Crescent Step with Pelvic Locks
BsE-w/Open-Sp	Open Spin with Basic Egyptian	FMMB	Forward, Middle, Middle, Back	Turkish-Wk	Turkish Walk
Pvt-Sft-St	Pivot Shift Step	Jm-GV	Zanouba	Turkish-BWk	Turkish Backwalk
Pvt-Sft-St-w/1/2-Tn	Half Turn with Pivot Shift Step	<u>Shimmy Family (Sh-Fm)</u>		Pyramid-St (Suzi-Q)	Pyramid Step / Suzi Q
Tw-St	Twist Step	Sgls-U-ht	Singles on the up ht	Goosh-St	Goosh Step
Tw-St-w/Leg-Lift	-- with Leg Lift	Sgls-U-ft	Singles on the up ft	Goosh-Sp	Goosh Spin
Sync-Pvt-Sft-St	Syncopated Pivot Shift Step	Choo	Choo-Choo	F8-BWk	F8 Backwalk
Pvt-Sft-St-w/Full-S	Full Spin with Pivot Shift Step	Sh-Sp	Shimmy Spin	Rc-F8-&-RcLks	Ribcage F8s & Chest Locks
Pvt-Sft-St-w/Open-Sp	Open Spin with Pivot Shift Step	Stomp-St-w/Sh	Stomp Step with Shimmy	<u>Salaam Family (Salaam-Fm)</u>	
V-St	V Step	Algerian-Sh	Algerian Shimmy	Greeting-St	Greeting Step
V-St-w/Sp	-- with Spin	4-4-Sh	Four-Four Shimmy	Salaam-St	Salaam Step
V-St-w/Pvt-Sft-St	-- with Pivot Shift Step	Sgls-D	Singles on the Down	Brush-St	Brush Step
V-St-w/Pvt-Sft-St-&-Sp	-- with Pivot Shift Step & Spin	Ahmad-Sh	Ahmad Shimmy	Bounce-St	Bounce Step
CCW-Pvt-ht	CCW Pivot Halftime	3/4-Sh (3/4-U)	3/4 Shimmy: 3/4 on the Up	Salaam-St-Cir	Salaam Step in Circle
CCW-Pvt-ft	-- Fulltime	F&B&-Wk234	F-and-B-and Walk-2-3-4	Horse-St	Horse Step
CCW-Pvt-dt	-- Doubletime	3/4-Sh-Sp	3/4 Shimmy Spin	<u>Spins</u>	
CCW-Pvt-1U-1D	-- One Up, One Down	3/4-Sh-w/Tw	3/4 Shimmy with Twist	3-St-Turn (Full-Sp)	Three-Step Turn (Full Spin)
CCW-Pvt-w/Leg-Lift	-- with Leg Lift	123&	One, Two, Three, And	Open-Sp	Open Spin
Stomp-St	Stomp Step	3/4-Flamenco	Three Quarter Flamenco	4/4-Sp	4/4 Spin
CCW-Pvt-Sp	CCW Pivot Spin	Samaha	Samaha	2/4-Sp	2/4 Spin
Whip-Sp-w/Tw	Whip Spin with Twist	<u>Debke Family (Dk-Fm)</u>		Diag-2/4-Sp	Diagonal 2/4 Spin
5-Ct	Five Count	Dk1, Dk2, Dk3, Dk4, Dk5	Debke 1-5	Centrifugal-Sp	Centrifugal Spin
5-Ct-w/1/2-Sp	-- with Half Spin	<u>Clockface Symbols</u>		O-U-O-D-Sp	Out-Up-Out-Down Spin
5-Ct-w/Full-Sp	-- with Full Spin	9:00cf	9 o'clock	I-O-Sp	In-Out Spin
4-Ct	Four Count	2:30cf	2:30 o'clock		
X-St	X Step				
<u>Head Movements</u>					
F-S-Around-Crescent	Forward, Side, Around, Crescent				