

Salimpour Vocabulary Step Families

Basic Egyptian Family

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

Arabic Family

Arabic 1-4 (L1-5th)
 Eight Count

Running Choo-Choo Family

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

Shimmy Family

Singles on the up Halftime (L1-5th)
Singles on the up Fulltime (L1-5th)
 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 (L1-5th)
Reverse Basic Taqsim (L1-5th)
Maya (L1-2nd)
Reverse Maya (L1-2nd)
Circle Step (L1-2nd)
Crescent Step (L1-2nd)
 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) (L1-2nd)
Open Spin (L1-2nd)
4/4 Spin (L1-2nd)
2/4 Spin (L1-2nd)
 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