

## Level II Tribal Bellydance Workout Checklist

Students – use this to review and practice what we’ve learned so far in class! On troupeduende.com, look at the “Glossary” for movement definitions, and the “Core Cues” list for a description of Improv (ITS) movements.

### Posture:

Feet under hip bones, knees soft, neutral spine, abs engaged, rib cage lifted, shoulders back and down, arms out, head lifted, face relaxed

### Stretch:

Deep breaths, Plie, Neck stretch, Shoulder rolls, Momentum twist, Hip “u”, Balance with ankle rolls

### Warmup:

Kashlima Walk  
123 (Salsa or Turkish Foot Change)  
Bhangra slide-squat  
Indian Swivel Step  
Traveling Hip Bumps  
Step-touch

### Workout:

Roll down  
Crunches  
Walking lunges  
Pulse squats  
Pushups

### Hips

Hips on the down  
Hip lift shimmy  
Hip twist shimmy  
Vibration  
Vertical hip rolls  
Vertical hip 8s

### Rib cage:

Rib cage flat 8s  
Rib cage vertical 8s  
Rib cage S  
Es  
Alternating circles

### Arms:

Shoulder shimmy  
Snake arms

### Feet:

Grapevine with layers  
¾ shimmy up  
¾ shimmy down

### Body:

Up to down undulation  
Down to up undulation  
Up to down sidewinder  
Down to up sidewinder  
Belly roll

### Accents:

Hip bumps  
Hip lifts  
Unweighted hip lifts  
Hip twists  
Unweighted hip twists  
Pelvic tuck  
Pelvic drop  
Rib cage lift  
Rib cage drop  
Rib cage slide  
Omi diamond  
Rib cage box  
Shoulder box

### Layers

Vibration with slide  
Hip lifts + hip slide  
Hip lifts + rib cage lift/drop  
Hip slides + hip twists  
Hip Lifts + hip twists  
Shoulder shimmy + shoulder rolls  
Shoulder shimmy + rib cage slides  
Shoulder shimmy + rib cage lift/drop  
Hip twist shimmy with belly push  
Hip lift shimmy with snake arms

### ITS Moves:

Stall Review Turkish, Ghawazee, High Ghawazee, Choo Choo, Basic E, Low Basic E, Ganesha, ¾ 8

### New Stall

Maya, Arabic

Combo Review Turkish Foot Change, Turkish 2pt turn, Turkish crazy turn, Turkish 4s, Personal Circles, Low Twists, Basic E 2pt, Basic E Twists, Sunrise, Slide, Flirt, Kick, Grapevine

Check out your Core Cues sheet for new combos – we do an ever-changing variety of them in Level II.