

# Ziva Emtiyaz

## Belly Dance Movement Vocabulary

### Isolations

Hips	Hip up Hip down Hip bumps Hip downs Hip Forward and Back Hip slide (off center: Front, R, L, Back) Hip rolls/omnis (includes pelvic movement) Hip diamonds/squares (pelvis)
Pelvis	Tuck Release
Gluteus	Contract/Squeeze!
Torso	Abdominal contraction and release Abdominal separation
Chest	Chest lift/tilt Chest drop Chest slide (Right, Left, Front, Center) Chest circles Chest diamonds
Neck	Slide (Right, Left, Front, Center) Head tilt Head circles, slides, and wobbles
Arms	Shoulder Front and Back Shoulder Up and Down Shoulder rolls Elbow isolation Arm waves/snake arms
Hands	Wrist lifts drops and circles Hand undulations Scoops and flicks
Posture!	Slightly bent knees. Toes and knees aligned Feet about fist width apart Abdominals engaged / Neutral tuck Open collarbone Shoulders back and down Ribs over hips Stand tall Posing

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<b><u>Connecting Moves</u></b>	Hip drop and Hip drop with kick Exterior hip circle Heel drops Vertical hip figure 8s (scoops) Mayas (reverse hip figure 8s) Sliding hip figure 8s Figure 8s throughout rest of body Undulations (top to bottom and reverse) Belly Roll 4 point glute squeeze
<b><u>Basic Traveling Steps</u></b>	Step together step touch (add hip circle) Grapevine Arabic Basic Saidi sweep Saidi hop (FFBB) Walk with hip bump Traveling undulation (and reverse) Egyptian strut 3 step turn Chasse 3 steps, arabesque
<b><u>Shimmies</u></b>	Seated vertical shimmy Egyptian shimmy Twist shimmy Pelvic Shimmy Shoulder Shimmy Vibration/Earthquake shimmy Stomach flutter $\frac{3}{4}$ shimmy choo-choo shimmy gluteal shimmy