

REQUIREMENTS FOR ADMISSION TO ADVANCED CLASS

1. Figure 8s: Flat
 - Lifted
 - Super-lifted
 - Circling with Figure 8s (your choice of which one)
 - Level Change with Figure 8s (your choice of which one)
 - Mayas
2. Hip Circles
 - Turning with Hip Circles with arm movement
 - Pulsing and turning with hip circles with arm movement
3. Horizontal Rib Cage circles: turning with circles, keeping hips quiet – both directions
4. Vertical Rib Cage circles: walking forward and back keeping hips quiet
5. Walking steps WITH ZILLS (any pattern except singles and doubles):
 - Side Hip Hit walk
 - Basic Egyptian
 - Step-together-step
 - Hip Hit walk
 - Open door (both directions)
 - Three-quarter “shimmy”
6. In-Place steps WITH ZILLS (any pattern except singles and doubles):
 - Egyptian Nailed
 - N’s and M’s
 - Hip Hits
 - Repeat while turning
7. Undulations
 - Walking forward and backward with full forward undulation
 - Walk to side with upper body undulation
 - Walk to side with lower body undulation
8. Shimmies
 - Hip Shimmy
 - Knee Shimmy
 - Washing-Machine Shimmy
 - Vibration Shimmy

9. Arms

- Shoulder snake arms
- Snake arms (no shoulder)
- Hand movement
- Correct framing for #1-8

10. Spins and Turns

- 3-Point Turn
- Paddle Turn
- Two-Footed Turn
- Two-Footed Spin

11. Ability to improvise short 5-part routine which will include introduction (walking steps), veil (wrap and movements of your choice), middle section (in-place steps), Chiftitelli (undulations and ribcage circles); drum solo with finale. You are expected to play your zills at least for the introduction.

12. Choreographed song (3-5) minutes: Your choice of steps and music

13: Ability to recognize the following rhythms:

- Chiftitelli
- Karsilima
- Beledy
- Saiidi
- Masmoudi (Khabir)

Exceptions to this will be made on a case-by-case basis, especially if you have been studying for several years with other teachers and may have a very high skill level and performance quality, but know steps that may be different from the ones required here. In this case, extra weight will be put on #10 and #11 of the requirement list, although you will still be required to show basic skill sets such as figure 8s, rib cage circles, hip circles, shimmies, and a variety of traveling and pivot steps.