

Shekinah Level One Class Curriculum - 4 weeks

SLOW	FAST
Puja, Posture, Taxeem, Hand Floreo, Arm Undulation	All four basic fast moves, Shimmy
Arms w/ Floreos, Body-wave + formations	Arabic w/arms & turns + formations
Torso Twist w/ 3-point turn	Egyptian w/ half turn
Circle Step w/ 3-point turn	Pivot Bump R+L+Choo-choo

Level Two Class Curriculum - 12 weeks

SLOW	FAST
1 Levels, walking Taxeem & Body-wave, Reverse Turn	Zills + review L1 fast steps
2 Review last weeks slow+ L1 as needed	Turkish Shimmy basic, ½ turns, ¼ turns, w/arms & turns (TSWAAT)
3 Introduce Chorus	Reach & Sit both sides
4 Propeller + Corkscrew Turns	Box Step + w/ turn
5 Review	Arabic Hip Twist, ½ turn, flourish, w/ turns & in a circle
6 Camel Walk	Review
7 Review	Double Bump, Single Bump, w/ ½ turns, on both sides
8 Rib Cage rotation, w/ level	Arc Arms, both sides
9 Review	Up2 Down3 w/ zill pattern, both sides
10 Review	Arabic Shimmy basic & w/ arms, w/ arms & turns (ASWAAT)
11 Reverse Taxeem + Reverse floreo & Arms options	Shoulder Shimmy Hip-Drop Combo
12 Head Slides	Ghawazee Shimmy Combo

