

## Shekinah Tribal Belly Dance Level 3 & Beyond

### SLOW

Camel Walk 3-person slice  
Barrel Turn + fade + moving the circle  
Loco Camel  
Wrap-Around Turn + Wrap-Around drop  
Pulse Turn  
Sahra Turn + 3-person slice  
Pulse Turn  
Medusa: ATS + Indian versions  
Rainbow  
Floor Work: Fake-out, slow moves on the knees, berber walk, zipper  
Layback  
Flutter  
Belly roll

### FAST

Egyptian three-quarters  
Arabic 1-2-3  
Egyptian full turn  
Chico 4-corners  
Sunanda + moving the circle  
Push forward and back + into circle + in duet  
Arabic double turn + fade  
Reverse Shimmy  
Double Back + 1/2 turn + 3-person slice  
Roundhouse  
Egyptian Sevillana + moving the circle  
Triangle Step + fade + moving the circle  
Reshamka  
Reshamka spins  
Wet Dog  
Water Pot  
Spins

## **DUETS**

### SLOW PASSES

Camel walk - facing and back-to-back

Barrel turn

Wrap around turn

Sahra Turn

Rainbow

### FAST PASSES

Turkish shimmy

Shoulder Shimmy

Arabic 1-2-3

Chico 4-corners

Arabic hip-twist

Egyptian Sevillana