



Sausan Academy™ of Egyptian Dance

The Pain, the Passion, the Joy; Dancing with Nephis

Primary Course Outline

Upper Body – Feminine Expression

“Pain, Passion, & Joy” Facial Expression

Unit 1.1 (Week One)

Intro to Egyptian Dance Code® (EDC®) • Intro to Accents • Shoulder Accents Arm/Wrist Action • Travel Steps • Tempos

Unit 1.2 (Week Two)

Intro to the Shimmy with Expression and Facial Articulation of “Joy and Passion” Shoulder Shimmy • Intro to Strong vs. Weak Side (Right vs. Left Sides)

Unit 1.3 (Week Three)

Intro to Arm Movements • Addressing & Directing (Alternating and Consecutive; With and Without the Wrist Action)

Unit 1.4 (Week Four)

Arm/Wrist Action Continued • Intro to Strong vs. Weak Sides • Left vs. Right Arm/Wrist Action • Accents vs. Progression Arm Movements Continued • Circle & Frame (Whole, Split, and Complete) • The “Understood” Arm/Wrist Action

Unit 1.5 (Week Five)

Intro to the Undulation with Expression and Facial • Articulation of “Pain and Passion” Arm Movements • Continued • Shoulder Undulation • Follow through to the Arms • Review of “Understood” Wrist Action

Unit 1.6 (Week Six)

Undulations Continued • First Dimensional Upper Body • Undulation (Upper One) Travel Step: Ra’assah To/Fro Step

Unit 1.7 (Week Seven)

Undulations Continued • Second Dimensional Upper Body Undulation (Upper Two) • Egyptian Dance Code® and Travel Step: Ra’assah Side to Side and Ra’assah Side Step

Unit 1.8 (Week Eight)

Undulations Continued • Third Dimensional Upper Body Undulation (Upper Three)

Unit 1.9 (Week Nine)

Accents Continued • Head Accent

Unit 1.10 (Week Ten)

Western vs. Egyptian Movement • Discussion of the Chest Circle and Chest Thrust • Chest Circle - Western vs. Egyptian • Chest Thrust - Western vs. Egyptian

Unit 1.11 (Week Eleven)

Travel Steps Continued • Ra’assah Gallop Step Ra’assah To/Fro/Back/Fro Step

Unit 1.12 (Week Twelve)

Undulations Continued • Intro to Hip Undulation Devoid of Follow-Through