



# Sausan Academy™ of Egyptian Dance

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

## Secondary Course Outline

### Lower Body – Masculine Expression

Achieving & Dancing w/ “Nephis”

#### **Unit 2.1 (Week One)**

Review of Egyptian Dance Code® (EDC®) • Intro to Walk & Jog • Travel Steps and Tempos

#### **Unit 2.2 (Week Two)**

Shimmy Continued with Expression and Facial Articulation of “Joy and Passion” • Intro to Hip Shimmy • Hip Thrusts

#### **Unit 2.3 (Week Three)**

Undulations Continued • First Dimensional Lower Body • Undulation (Lower One) • Intro to “Nephis” Affect

#### **Unit 2.4 (Week Four)**

Undulations Continued • Second Dimensional Lower Body • Undulation (Lower Two)

#### **Unit 2.5 (Week Five)**

Undulations Continued • Third Dimensional Lower Body • Undulation (Lower Three) • Intro to Regal Walk

#### **Unit 2.6 (Week Six)**

Accents Continued • Upper One Accents • Upper Two • Accents • Lower One Accents • Lower Two Accents

#### **Unit 2.7 (Week Seven)**

Accents Continued • Running Upper Two Accents • Running Lower Two Accents

#### **Unit 2.8 (Week Eight)**

Undulations Continued • Mini Hip Circles • Half Mini Hip Circle with Half Hip Undulation • (Lower Half and Half)

#### **Unit 2.9 (Week Nine)**

Undulations Continued • Hip Undulations Devoid of Follow-Through in Travel (Upper Half and Half)

#### **Unit 2.10 (Week Ten)**

Undulations Continued • Super Hip Circle; Then and Now

#### **Unit 2.11 (Week Eleven)**

Movement Combinations

#### **Unit 2.12 (Week Twelve)**

Travel Steps Continued • Review Gallop and Regal \* Intro to Promenade, Circle Walk and 3-Step Walk