



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

EDC® Secondary Course Outline and Vocabulary

Lower Body & "Back" Movement – Masculine Expression *Classic Egyptian Style (CES) Belly Dance - Sausan Method*

Achieving and Dancing with "Nephis"

Part One – FUNDAMENTAL

Unit 2.1 (First Week) - Fundamental Egyptian Dance Code® "Back" & the element of "Clear"; To/Fro, Step & Point; Review Walk, Hip Undulation Front/Back

Unit 2.2 (Second Week) - Walk & Jog; Walk back with 2 & 4; Add Tap

Unit 2.3 (Third Week) - Hip Shimmy; Full Body Shimmy; Hip Thrusts; Running Step

Part Two – UNDULATIONS

Unit 2.4 (Fourth Week) - First Dimensional Lower Body Undulation, "Lower 1"; "Nephis"

Unit 2.5 (Fifth Week) - Second Dimensional Lower Body Undulation, "Lower 2"; One-Sided Upper/Lower Combo

Unit 2.6 (Sixth Week) - Third Dimensional Lower Body Undulation, "Lower 3"; Regal Walk

Part Three – ACCENTS

Unit 2.7 (Seventh Week) - Hip Accents; Lower 1 & 2, Upper 1 & 2

Unit 2.8 (Eighth Week) - Running Hip Accents; Lower 2 Front/Back, Upper 2

Part Four – CIRCLES

Unit 2.9 (Ninth Week) - Hip Circle; Mini, Lower Half & Half with Pull-in/Twist-back Ending, Upper Half & Half

Unit 2.10 (Tenth Week) - Hip Circle; Super, Mega

Part Five – SUPPLEMENTAL

Unit 2.11 (Eleventh Week) - More Travel Steps; Circle Walk, Promenade, 3-Step Walk, Back Gallop

Unit 2.12 (Twelfth Week) - Intro to "Fluid Movement" with the Sausan Method Fundamental Position & Transition Exercise

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