Egyptian Dance Code®
Basic System

THE BASIC SYSTEM OF EGYPTIAN-STYLE BELLY DANCE FOR MORE CULTURAL AUTHENTICITY

1. **EDC® Beats**

2. **"A" Stance & Posture**

3. **Same Side Movement**
   Strong with strong (right or left)
   Weak with weak (right or left)

4. **Working Hip v. Weight-Carrying Leg**

5. **Mathematical**
   Binary v. Organic

6. **Feeling**
   Pain, Passion, & Joy
   Della Factor & the "Nephis" Effect

7. **Arms**
   Circular - Outside to inside.
   Swing - Opposite arm and leg
      advancing at the same time.

8. **Wrist Flips**
   Flip Out (Push) - Accents, First of
      Repetitive, Upper Body, Strong Side
   Flip In (Pull) - Repetitive, Lower Body,
      Weak Side, Framing, Climbing

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Sausan Academy of Egyptian Dance

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