

# SAED CHOREOGRAPHY CODE for WRITTEN CHOREOGRAPHY

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## I. Body

Body: B  
Upper Body: UB  
Lower Body: LB  
Head: D  
Hip: H  
Arm, Arms: A  
Shoulder: S

## II. Torso Movements

Shimmy: sh  
Accents: ac  
Circle: ci  
Undulation: un  
Slide: sl  
Tags: tag  
Bounce: bounce

### A. UPPER BODY - UB

Head Slide: Dsl  
Shoulder (Upper) Shimmy: UBsh  
Shoulder (Upper) Accents: UBac  
Upper One: UB1  
Upper Two: UB2  
Upper Three: UB3  
Upper Half & Half: UBh/h  
Upper Two Accents: UB2ac  
Upper One Accents: UB1ac  
Shoulder Accents: Sac  
Shoulder Undulations: Sun  
Upper Walk & Tap: UBw/t  
Royal Step: UBRt/w  
Upper Body Walk: Uw

### 1. ARMS - A

Small Arm Frame: oAf  
Big Arm Frame: OAf  
Complete Circle Frame: cAf  
Alternating Arms: Aalt  
Arms to Head: AD  
Arms to Hips: AH  
Arms Climbing: A~

### B. LOWER BODY - LB

Lower One: LB1  
Lower Two: LB2  
Lower Three: LB3  
Lower Half & Half: LBh/h  
Circle with Lower Half & Half: ci/LBh/h  
Hip Undulation: Hun  
Little Hips: lH  
Hip (Lower) Shimmy: LBsh  
Lower Running Two: LB2r  
Small Hip Circle: oHci

Big Hip Circle: OHci  
Lower Two Accents: LB2ac  
Lower Tags: LTags  
Lower One Accents: LB1ac  
Regal Step: Rw/t  
Lower Walk & Tap: LBw/t  
Lower Body Walk: LBw

## III. Time Signatures

Full Time: ft  
Half Time: ht  
Double Time: dt  
Quarter Time: qt  
Syncopation: sy  
Count: ct  
Up-beat (one & three): x  
Down-beat/Transitional (two & four): y

## IV. Travel Steps

Step, Walk: w  
Point, Tap: t  
Running: r  
To Fro: tf  
To Fro Back Fro: tbf  
Gallop: g  
Three Step Walk: 3w  
Tap & Walk: t/w  
Promenade Walk: Pw  
Circle Walk: ciw  
Walk & Jog: LBwj  
Jump: J  
A-Stance: †  
Kaleegy: K  
3 Step Walk: 3w  
Pose: I  
Cross Over: xo

## V. Movement Size

Small: o  
Big, Super or Huge: O  
Complete: c  
Little: l  
Half: h  
Dip: —  
Reach: +

## VI. Directional Travel

Down: d  
Up: u  
Right: >  
Left: <  
Forward: ^  
Backward: v  
Forward Diagonal Right: ^>  
Forward Diagonal Left: ^<  
Backward Diagonal Right: v>  
Backward Diagonal Left: v<

Right Travel (Turn) Around: >ð  
Left Travel (Turn) Around: <ð  
Repeat: ∞  
Personal: \*  
Stop:  
Silent One: !  
Climbing: ~  
In Place:

## VII. Extensions

Alternating: alt  
With, and: /  
Neutral: n  
Frame: f  
Side: =  
Times: X

## VIII. Expression

Nephis: N  
Regal or Royal: R  
Promenade: P  
Delaa: L  
Shiver: V  
Kaleegy: K  
Soft: Z  
Medium: M  
Firm: F  
Pose: I  
Bow: W

## IX. Musical Units

Bridge: (B); Shimmy (Bsh)  
Standard (BS)/Irregular (BI)  
Sequence: (S)  
Leader: (L)  
Part: (P)  
Section: (C)  
Drum Solo: (DQ)  
Entrance: (ET)  
Ending: (ED)  
Soliloquy, Taxiem: (Q)  
Phrase: (F)  
Performance Dance (PD)

## X. Choreograph Notes

; or ,; separates movement combos  
[...]: Combination Movement  
enclosed in brackets

**EXAMPLE:** [tbf w/ Dsl & UB1; \*ci]  
[To-fro-back-fro travel step with head slide with Upper One in a personal circle] all at one time.

Section: (C) - (0.0.0.0)  
Sequence: (S) - (0.0.0.0)  
Phrase - (F) - (0.0.0.0)  
Part - P (0.0.0.0)