



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

EDC® Movement Breakdown Elements & Factors

Creating & Sustaining Egyptian Expression in Dance
Classic Egyptian Style (CES) Belly Dance - Sausan Method

• • • • • Basic Elements • • • • •

Beats 1 & 3 (odd) are STRAIGHT

Beats 2 & 4 (even) are BENT

Odd Beats "UP" ↑
Ends or Establishes

Even Beats "DOWN" ↓
Begins or Prepares

- | | | |
|---|---|--|
| 1. The Lift
(Up w/out Rotation; Up and In w/ Rotation) | ← | 2. The Bend
(Down w/out Hip; Down and Out w/ Hip) |
| 3. The Tension | ← | 4. The Release |
| 5. The Pose | ← | 6. The Transition |
| 7. The Forward Walk | ← | 8. The Pivot |
| 9. The Drive | ← | 10. The Hop |

• • • • • Objective Factors • • • • •

All-Embracing Cultural Dance Movement Awareness

11. The Rotation = 12. The Clear

13. The Front • 14. The Back

15. The Push Out • 16. The Pull In

17. The Reach • 18. The Dip

Resulting Cultural Dance Movement Expression

19. The "Nephis" Affect • 20. The "Delaa" Factor

• • • Parts for FRONT Movement • • •

4 parts to R+L at Half Time
8 parts to R+L at Full Time

• • • Parts for BACK Movement • • •

8 parts to R+L at Half Time
16 parts to R+L at Full Time

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