



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

EDC® Primary Course Outline and Vocabulary

Upper Body & "Front" Movement – Feminine Expression Classic Egyptian Style (CES) Belly Dance - Sausan Method

"Pain, Passion, & Joy" Facial Expression

Part One – FUNDAMENTAL

Unit 1.1 (First Week) - Posture; "A" Stance; Fundamental Egyptian Dance Code® & the element of "Rotation";
Half & Full Time, Shoulder accents, **"Upper Body/Front/Strong"** Wrist Flip,
Walk without & with 2 & 4, Step & Point

Unit 1.2 (Second Week) - Shoulder Shimmy

Unit 1.3 (Third Week) - "Back" Wrist Flip with Intro to "Lower Body/Back/Weak"; Arm Circle & Framing; Small,
Big, Complete

Unit 1.4 (Fourth Week) - Arm Alternating; To Head/Hips

Part Two – UNDULATIONS

Unit 1.5 (Fifth Week) - Shoulder/Arm Undulation; 3 & 3

Unit 1.6 (Sixth Week) - First Dimensional Upper Body Undulation, "Upper 1"; To/Fro Step, Double Time with Dip

Unit 1.7 (Seventh Week) - Second Dimensional Upper Body Undulation, "Upper 2"; Side Step, Full Time Dip,
One-Sided; Half & Full

Unit 1.8 (Eighth Week) - Third Dimensional Upper Body Undulation, "Upper 3", One Sided

Part Three – ENHANCEMENTS

Unit 1.9 (Ninth Week) - Head Slide; Arms Above, Framed, Veiled

Unit 1.10 (Tenth Week) - American Upper Body Circle; Modern "Chest Drop" v. CES Upper Body Thrust

Part Four – SUPPLEMENTAL

Unit 1.11 (Eleventh Week) - Travel Steps & Transitions; Gallop, To/Fro/Back/Fro, Touch & Step

Unit 1.12 (Twelfth Week) - Intro to "Back" Movement and the element of "Clear"; Walk; Intro to Hip Undulation

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4031 Balboa Street, San Francisco, CA 94121 • 415-262-0175

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