



## Advanced Skill Levels

At the Advanced level, progression is based not on learning new vocabulary but on mastering key skills related to six elements of the dance - shimmies, accents and undulations, traveling steps, turns, layering, and framing.

Students should work to master all the key skills for each element before moving on to a higher level. (For example, a student should be able to perform at the Advanced 1 level for **all 6 elements** before moving to Advanced 2.)

In addition to these more technical skills, advanced students are expected to continue to work on developing musicality, emotional expression, cultural knowledge, and improvisation, both in and outside of class time.

Students wishing to be part of advanced performance companies may need to master additional skills such as stage presence and expression, a variety of props (such as veil, assaya, sagat/zills, and balancing props), different styles of folklore and belly dance, and the ability to learn complex choreography.

### Key Skills for Shimmies

| Skill                                      | Advanced 1   | Advanced 2   | Advanced 3   |
|--|--|--|--|
| <i>Movement mechanics</i>                  | Generates shimmies with correct technique.                       | Strong and consistent shimmy technique.                  | Excellent execution of technique.  |
| <i>Control over speed and size</i>         | Shimmy is rhythmic but may be uneven, especially in transitions. | Speed and size is deliberate, with minor irregularities. | Effortless control with seamless transitions, able to create dynamics in shimmies. |
| <i>Isolation from the rest of the body</i> | Able to do so most of the time.                                  | Consistent and clean.                                    | Highly defined and consistent, done with ease.                                     |
| <i>Endurance to maintain shimmy</i>        | Moderate periods, may lose some quality over time.               | Extended periods with only minor signs of fatigue.       | Effortlessly for long periods and movements remain high quality.                   |

### Key Skills for Accents and Undulations

| Skill                     | Advanced 1   | Advanced 2  | Advanced 3  |
|---------------------------|--|---|---|
| <i>Movement mechanics</i> | Good understanding of and ability to execute movement technique.                     | Excellent overall execution of technique.                                       | Able to apply technique knowledge to create dynamics within movements.                |
| <i>Level of control</i>   | Moderate, creates clean and consistent individual movements, only occasional issues. | High, clean transitions, able to combine movements into more complex technique. | Excellent, smooth transitions, able to integrate multiple movements at the same time. |
| <i>Isolation</i>          | Able to create mostly isolated movements when needed.                                | Strong isolation when needed with minimal unintended movement.                  | Perfect isolation when needed, no unintended movement.                                |
| <i>Timing</i>             | Good synchronization with the music.   | Precise, consistently correct timing and adapts to musical changes.             | Highly precise, perfect timing with full connection to the music                      |

### Key Skills for Traveling Steps

| Skill                                       | Advanced 1   | Advanced 2   | Advanced 3  |
|---|--|--|---|
| <i>Footwork</i>                             | Understands mechanics of traveling steps, occasional mistakes in footwork.                         | Good understanding of steps, only minor mistakes in footwork.                      | Precise and accurate footwork.  |
| <i>Coordination of feet, legs, and arms</i> | Demonstrates basic coordination.   | Movements are mostly coordinated and fluid.  | Movements are natural, fluid, and confident.                                    |
| <i>Control</i>                              | Basic control over speed and direction.  | Consistent control and comfort with changing speed and direction.                  | Easily and fluidly able to control and change speed and direction.              |
| <i>Balance</i>                              | Balance is generally stable, able to work comfortably in relevé, occasional issues in transitions. | Consistently stable, able to cleanly transition from flat to relevé.               | Strong and unwavering, seamlessly able to transition between flat and relevé.   |
| <i>Spatial Awareness</i>                    | Stays on the intended path, some ability to adjust to constraints and formations.                  | Consistently stays on path, able to adjust smoothly to constraints and formations. | Precisely stays on path and adjusts effortlessly to constraints and formations. |

## Key Skills for Turns

| <b>Skill</b>                  | <b>Advanced 1</b>  | <b>Advanced 2</b>  | <b>Advanced 3</b>   |
|-------------------------------|--|--|---|
| <i>Foot and arm placement</i> | Mostly correct placement of feet, may use arms inconsistently.   | Precise placement of feet and strong use of arms.                              | Precise foot placement and precise and fluid arms.  |
| <i>Balance and Momentum</i>   | Maintains momentum with only minor balance issues for smooth turns across the floor.                         | Fast and seamless turns with steady momentum and excellent balance.            | Effortless multiple turns at varying speeds, with consistent momentum, excellent balance. |
| <i>Alignment and Spotting</i> | Good alignment with mostly consistent head spotting and stable axis, some use of core to support upper body. | Strong alignment, precise head spotting, stable axis with strong core support. | Excellent alignment, precise head spotting, stable axis with strong core support.         |
| <i>Timing</i>                 | Some ability to keep time with the music while turning.  | Consistently in time with the music even while turning.                        | Strong connection to the music and able to adjust timing while turning.                   |

## Key Skills for Layering

| <b>Skill</b>                            | <b>Advanced 1</b>  | <b>Advanced 2</b>  | <b>Advanced 3</b>  |
|---|--|--|--|
| <i>Execution of component movements</i> | Good, occasional mistakes when combined.                                 | Strong, only minor mistakes when combined.                                   | Excellent, precise and accurate when combined.   |
| <i>Timing and synchronization</i>       | Good rhythm and timing but may have difficulty with more complex layers. | Good synchronization with music and between moves, only minor timing issues. | Excellent synchronization between moves, precise timing with strong connection to the music. |
| <i>Transitions</i>                      | Layers are smooth with consistent transitions.                           | Transitions are mostly seamless and well-executed.                           | Transitions are seamlessly connected and fluid, appearing effortless.                        |
| <i>Complexity</i>                       | Moderate ability to combine movements for complex layering.              | Performs a wide range of movement combinations with ease.                    | Creates an extensive range of movement combinations with confidence.                         |

## Key Skills for Framing

(Use of arms/hands, head/face, and feet to support and highlight movements.)

| <b>Skill</b>  | <b>Advanced 1</b>   | <b>Advanced 2</b>   | <b>Advanced 3</b>  |
|---|---|---|--|
| <i>Positions and placement</i>                            | Fair understanding of how to use framing positions, occasional mistakes in placement. | Good understanding of positions, minor mistakes in placement. | Excellent understanding of framing, precise placement and intentional application of framing for effect. |
| <i>Control over arms, hands, head, and feet movements</i> | Good control, movements are natural and fluid.  | Consistent control and fluidity, ease in transitions.         | Superior control and fluidity, movements are seamlessly connected, with ease in execution.               |
| <i>Variety and connection to movement</i>                 | Uses a limited range of framing positions, able to connect them to basic movements.   | Uses a wider variety of framings that complement movements.   | Able to create varying shapes and dynamics to enhance movements.   |
| <i>Use of eyes and face</i>                               | Some use of eye contact and facial expressions to enhance performance.                | Effective use to engage the audience.                         | Intentional and evocative use to captivate the audience.   |