

Arms

Hip

Chest

Head

Shoulder

Hair

Circle

Lift

Drop

Shimmy

Wist

Eid

Ras

Sidr

Shaar

Keytaf

Airfaa

Dayrit

Hiz

Nazil

Roll

Slide

Twist

Flip

Reverse

Hair flip

Figure 8

Jewel

Egyptian  
walk

Hip drop  
kick

Zahlaa

Lafit

Albit

Lif

Albit el  
shaar

Aaks

Gawhara

Tamanya

Nazlit el wist

El mashya el  
masrya

Hip twist  
front

Hip twist  
sides

Spot turn

Flores

Flutter

Hand  
undulation

Big hip circle

Shoulder  
roll

Shoulder  
Shimmy

Undulation/  
Stomach roll

Lif wist gnab

Lif wist  
odam

Shawaza

Lif fi mkanak

Hazit el eid

El hazaz

Lafit el  
keytaf

Dayrit wist  
kbira

Lafit el btn

Hiz el keytaf

Aakarholog

Reverse  
Gamel  
mava

Zahlaael  
(vsidre)

Mogit el  
Chest slide  
ba7r

Zahlael  
Hip slides

Zahlaa el  
Head slide  
wist

Ahfaa el  
sop

Chaset  
liftr

Airfaa el  
Hip drop  
wist

Nahlael  
liftist

Snake arms  
(one side)

Snake arms

Hip circle

Chest circle



Eid el taaban

Eid el taaban  
nahra wahdah

Dayrit el  
sidr

Dayrit el  
wist