

Egyptian Shimmy Layer Sheet

	Egyptian Shimmy
Hip hits	
Hip slide	
Hip up/ down	
Horizontal hip cirkel	
Horizontal figure 8	
Camel	
Chest cirkel	
Chest up/ down	
Chest firkure 8	
Bellyroll	
Bellyaccents	
Shoulder roll	
Snake arms	



Heartbeat of Bellydance

by Aisa Lafour