



TAHYA TECHNIQUE™ Vocabulary of Movement

Danse Orientale for healing, joy & vitality

<u>BASIC STEPS</u>	<u>~ Variations ~</u>	<u>Your description/key words</u>
• Mudra / Hand gestures	Flamenco finger rolls Mudra: Mukula; Alapadma & more	
• Shoulder rolls	F & B; various tempos	
• Hip Articulations	Up / Down / M & N Twist (washing machine agitator) in place; w/step to side; w/ pivot	
• Basic Egyptian	forward; backward with 4-ct. turn; w/ dbl. Turn crosswalk; w/xbf roll back, hip lift; roll, roll	
• Step - together - Step	with 3-step turn & various accents	
• Travelling hip-lift	lifting R hip, travel R; lifting L hip, travel L lifting R hip, travel L lifting L hip, travel R <i>Bert's hands:</i> up up down down with arms circling f & b; ffbb, fssb; fss pivot	
• Hip circles	full clockwise; counter clockwise; one-sided; double-sided w/ 1/4 turn; w/ 1/2 turn	
• Figure 8's & Maya	parallel to floor; to wall; dbl hip; with pyramid step	
• Rib Cage circles	Horizontal & vertical planes parallel to floor; to wall	
• Head	forward; side-to-side slide; circle; crescent	
• Arm	rotate wrist; full extension; snake; Isis; Bedouin;	
• Shimmy	HT / FT shoulder vs. buttocks	

- Arabic Series
 - Arabic I basic glide step (with variations ~ e.g., head slide)
 - Arabic II sagittal plane rib cage circle (one down; one lower)
 - Arabic III sagittal plane rib cage circle w/one-side hip circle
 - Arabic IV figure 8 in vertical plane (one down; one lower)
 - Arabic V rib cage lift step foot f, neutral roll onto heel with sagittal plane rib cage circle
 - Arabic VI with Arabesque

- Veil
 - sweep up and out
 - diagonally down & up
 - Matador; cape
 - Airplane
 - Bedouin wrap

- V-8
 - 8-ct step V floor pattern

- Grapevine
 - w/ skip; w/shimmy

- Tunisian
 - (w/lean)

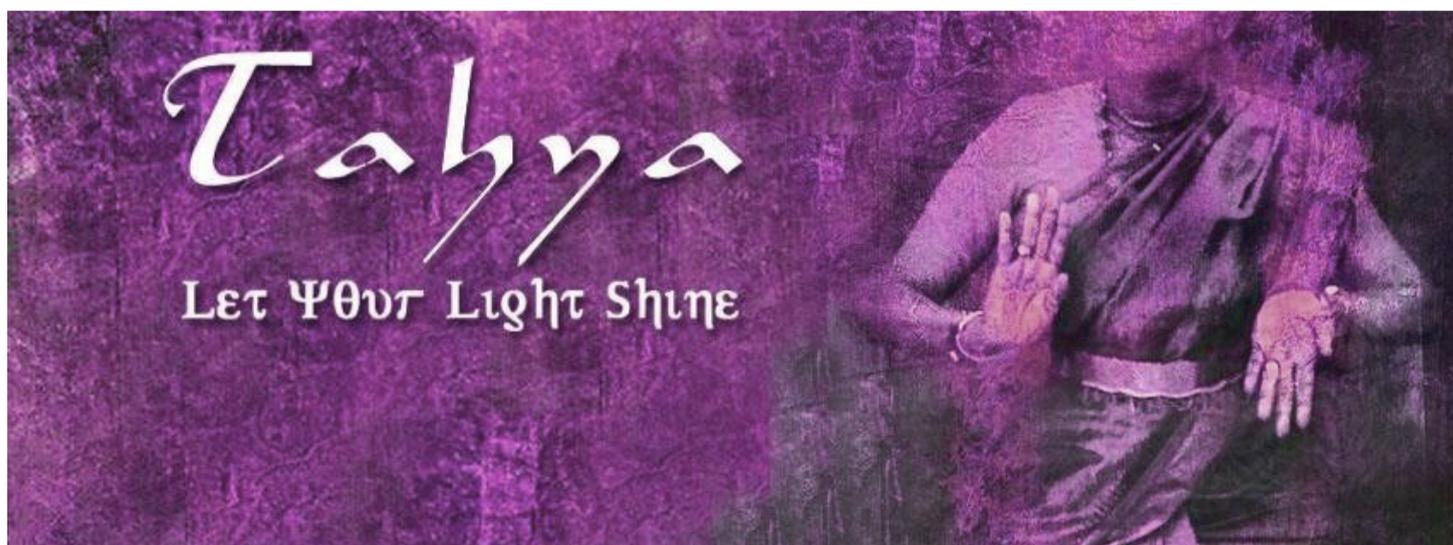
- Cha-cha
 - w/spin; w/shimmy
 - w/back hip lift (Suhaila)

- Dip

- Baraka
 - w/ 1/4 turn; w/ 1/2 turn
 - one hip at each corner

- More Shimmies
 - single; double
 - RLR flat footed; balls of feet
 - RLRR; 8-ct.
 - flamenco (3-ct.) flat footed; balls of feet

NOTE: While not a complete representation of all one might learn in a Tahya class, this list represents a sampling of the vocabulary of movements shared with class participants ~ for ex., please also check out the 'handouts' on influential dancers from early 20th century and other resources recommended to inspire the Creativity within you to ✨ SHINE ✨



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