

Bellydance Footwork Drill

When practicing, concentrate on a lifted posture, extended arms, a lifted chin, eyes up and lots of smiles!

<i>step name</i>	1	+	2	+	3	+	4	+
<i>step catch-up moving right</i>	step R	L foot catches up behind	R	L	R	L	R	wait
<i>sharqi leading with left foot</i>	L fwd	R middle	L back	R middle	L fwd	R middle	L back	R middle
<i>step catch-up moving left</i>	step L	R foot catches up behind	L	R	L	R	L	wait
<i>sharqi leading with right foot</i>	R fwd	L middle	R back	L middle	R fwd	L middle	R back	L middle
<i>triple step back (polka step)</i>	step back R, rock fwd onto L	step back R, wait	L, R	L, wait	R,L	R, wait	L,R	L, wait
<i>basic Egyptian fwd</i>	step onto R foot	touch L to side	step L	touch R	step R	touch L	step L	touch R
<i>grapevine moving left</i>	cross R foot fwd over L	step L to side	cross R foot to back	step L to side	cross R foot fwd over L	step L to side	cross R foot to back	pose
<i>grapevine moving right</i>	cross L foot fwd over R	step R to side	cross L foot to back	step R foot to side	cross L foot fwd over R	step R foot to side	cross L foot to back	gather to start again