

Belly Dance Technique and Skill Assessment

Evaluation Assessment Card:

Name:

Date:

Category: Beginning

Level:

Basic Beginner

Intermediate Beginner

Advanced Beginner

The Beginning assessment evaluation has three levels:

- Basic Beginner
 - All moves are performed “in place”
- Intermediate Beginner
 - All moves are performed “in place” and traveling
- Advanced Beginner
 - All moves are performed “in place,” traveling, and layered.

You must complete each beginning level with a score of 80% or higher to be placed in the next level. To be considered for Intermediate level, you must be able to complete all 3 beginner portions (Basic, Intermediate and Advanced Beginner) with a score of 80% or higher. You may request to be assessed at any level. Your scores are listed below with your current assessed level.

Basic Skills Score:

Basic Performance Score:

Total Score:

Comments:

Assessed Level:

Basic Beginner

Intermediate Beginner

Advanced Beginner

If passed Advanced Beginner,
Begin Intermediate Category Yes No

Beginning level assessment

Circle One: **Basic Beginner** **Intermediate Beginner** **Advanced Beginner**

Rating system:

5 = Excellent

4 = Proficient / good

3 = Competent / average

2 = Fair / needs work

1 = Attempted / unable to perform skill

0 = Not assessed / skipped at request

	Skill: For basic beginning level all moves in place, intermediate beginner all in place and traveling, advanced beginner all in place, traveling and layered	Level	Comments:
1	Basic posture		
2	Good warm up and cool down habits (State)		
3	<i>Basic isolations and moves: (overall score for these items)</i>		
4	Head: Side to Side		
5	Head: Forward/Back		
6	Head: Horizontal Circle		
7	Head: Horizontal Figure 8s		
8	Head: Roll		
9	Shoulders: Punches Forward/Back		
10	Shoulders: Rolls Together Forward/Back		
11	Shoulders: Rolls Alternating Forward/Back		
12	Shoulders: Shimmy		
13	Chest: Lifted Torso Shimmy		
14	Chest: Side to Side		
15	Chest: Forward/Back		
16	Chest: Horizontal Circle		
17	Chest: Horizontal Figure 8s		
18	Chest: Lift		
19	Chest: Drop		
20	Hips: Side to Side (flat)		
21	Hips: Side to Side (easy hips, lifting at each edge)		
22	Hips: Forward/Back		
23	Hips: Twist Forward/Back		
24	Hips: Lift		
25	Hips: Drop		
26	Hips: Horizontal Circles		
27	Hips: Rocking Circles (ami)		
28	Hips: Horizontal Figure 8s		
29	Hips: 4/4 shimmy up		
30	Hips: 4/4 Tunisian/Twist Shimmy		
31	Hips: 4/4 shimmy down		
32	Arms: Lifting From sides to overhead and back down		
33	Arms: Snake Arms in front and to sides		
34	Arms: Open and Cross with head turns		
35	Arms: Parking positions (5 – in front of chest, behind head, overhead, behind hips, one up/one down)		
36	Arms: Lifting from sides to overhead and back down through center, and reverse up through center and up, out, down		
37	Hands: Wrist Circles (Floreo/Hand Circle)		
38	Hands: Wrist Circles (Egyptian)		
39	Undulation: whole body up/down		
40	Undulation: upper body up/down		
41	Undulation: lower body up/down		
	Total Basic Skills Score:	/205	%

Beginning level assessment

Circle One: Basic Beginner Intermediate Beginner Advanced Beginner

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	1.5 minutes of improvisation broken into 2 segments for rhythm work/drum solo and lyrical work/taqsim		
1	<i>Basic Performance items: (overall score for these items)</i>		
2	Arm and hand positioning – consistently incorporating graceful and appropriate arm and hand motions, positions and transitions		
3	Eye contact		
4	Specific movement types covered – variations of lifts, drops, twists, basic shimmy, circles, figure 8s, undulations, slides (all movements in place and traveling)		
5	Footwork patterns/use of dance space		
6	Concepts of patterns, level changes, layering, direction changes, musical interaction		
7	Basic rhythms (State/recognize minimum 2 rhythms)		
8	Simple choreography		
9	Solo performance presentation		
10	Basic costuming concepts (State)		
	Total Basic Performance Score:	/50	%
	Total Score: (To be considered for next level must score greater than 80%)	/255	%