Jamila Format 12 Week Rotation

Warm-Up (15 min) including:

--Glutes --Rib Slides & Circles --Arm Waves
--Undulations --Rib Figure 8s --Head Movements

Standing Drills with Cymbals (5 min) Walk with Cymbals in Circle (5 min)

Basic Review (breakdown & run with music) (10 min)

New Material (breakdown & drill with music) (25 min)

--For Taqsim Weeks (15 min on moves, 10 min on Taqsim)

Review of class material (10 min)

Cool Down (5 min)

Note: Step breakdowns include defaults and reverses unless

otherwise noted.

Week 1	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Walk with Pivot on an Angle (L1: 5th)	Syncopated Pivot Shift Step (none)
	Basic Egyptian Family Review	Bow Step (default)	Full Spin with Pivot Shift Step (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	Open Spin with Pivot Shift Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Basic Taqsim (L1: 5th)	Taqsim Family
	Basic E Walk with Pivot (L1: 5th)	Reverse Basic Taqsim (L1: 5th)	F8 Backwalk (none)
	Full Spin with Basic E (L1: 2nd		Spins
			Out-Up-Out-Down Spin (default)
			In-Out Spin (default)

Week 2	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Open Spin with Basic E (L1: 2nd & 5th)	V Step (none)
	Basic Egyptian Family Review	Step F-B-F (L1: 2nd)	V Step with Turn (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	V Step with Pivot Shift Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Basic Taqsim (L1: 5th)	V Step with Pivot Shift Step & Turn (none)
	Basic E Walk with Pivot (L1: 5th)	Reverse Basic Taqsim (L1: 5th)	Taqsim Family
	Full Spin with Basic E (L1: 2nd)		Pyramid Step / Suzi Q (none)

Week 3	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Basic Egyptian Family
	Twists	Pivot Shift Step (L1: 5th)	Stomp Step (none)
	Basic Egyptian Family Review	Half Turn with Pivot Shift Step (L1: 5th)	CCW Pivot Spin (none)
	Basic Egyptian (L1: 5th)		X Step (none)
	Basic Egyptian Backwalk (L1: 5th)		Four Count (2nd)
	Basic E Walk with Pivot (L1: 5th)		Taqsim Family
	Full Spin with Basic E (L1: 2nd)		Turkish Backwalk (2nd)

Week 4	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Basic Egyptian Family	Salaam Family
	Twists	Twist Step (L1: 2nd)	Greeting Step (none)
	Basic Egyptian Family Review	Twist Step with Leg Lift (default)	Salaam Step (none)
	Basic Egyptian (L1: 5th)	Taqsim Family	Brush Step (none)
	Basic Egyptian Backwalk (L1: 5th)	Maya (L1: 2nd)	Horse Step (none)
	Basic E Walk with Pivot (L1: 5th)	Reverse Maya (L1: 2nd)	
	Full Spin with Basic E (L1: 2nd)		

Standing Drills Five Count (L1: 2nd) Bounce / Hop Back Step (none)				
Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Family Review Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Family Review Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Family Review Basic Egyptian Family Review Basic Egyptian Family Review Basic Egyptian Family Review Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Family Review Basic Egyptian Backwalk (L1: 5th) Cricle Step (L1: 2nd) Basic Backwalk (L1: 5th) Basic Egyptian Family Review Basic Egyptian Famil	Week 5	L1 Review	L1 New Material	L2 New Material
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Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) Reverse Maya (L1: 2nd)		Basic Egyptian (L1: 5th)	Five Count with Full Spin (L1: 2nd)	Taqsim Family
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Full Spin with Basic E (L1: 2nd) Week 9 L1 Review L1 New Material Standing Drills Glutes Arabic Family Glutes Arabic 1-4 (L1: 5th) Basic Egyptian Family Review Taqsim Family Circle Step (L1: 2nd) Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Crescent Step (L1: 2nd) Basic Egyptian Family Basic Egyptian Family Frand-B-and Walk-2-3-4 (none) 3/4 Shimmy Turn (none) Basic Egyptian Family Whip Spin with Twist (default) Full Spin with Basic E (L1: 2nd) Taqsim Family	Week 8	L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family
Week 9 L1 Review Standing Drills Glutes Arabic Family Arabic 1-4 (L1: 5th) Basic Egyptian Family Review Basic Egyptian (L1: 5th) Circle Step (L1: 2nd) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L2 New Material Shimmy Family % Shimmy: 3/4 on the Up (none) % Shimmy: 3/4 on the U	Week 8	L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default)
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Basic Egyptian (L1: 5th) Circle Step (L1: 2nd) 3/4 Shimmy Turn (none) Basic Egyptian Backwalk (L1: 5th) Crescent Step (L1: 2nd) Basic Egyptian Family Whip Spin with Twist (default) Full Spin with Basic E (L1: 2nd) Taqsim Family		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default)
Basic Egyptian Backwalk (L1: 5th) Crescent Step (L1: 2nd) Basic Egyptian Family Whip Spin with Twist (default) Full Spin with Basic E (L1: 2nd) Taqsim Family		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family 3/4 Shimmy: 3/4 on the Up (none)
Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) Whip Spin with Twist (default) Taqsim Family		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes Basic Egyptian Family Review	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th) Taqsim Family	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family 3/4 Shimmy: 3/4 on the Up (none) F-and-B-and Walk-2-3-4 (none)
Full Spin with Basic E (L1: 2nd) Taqsim Family		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th) Taqsim Family Circle Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family 3/4 Shimmy: 3/4 on the Up (none) F-and-B-and Walk-2-3-4 (none) 3/4 Shimmy Turn (none)
		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th) Taqsim Family Circle Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family 3/4 Shimmy: 3/4 on the Up (none) F-and-B-and Walk-2-3-4 (none) 3/4 Shimmy Turn (none) Basic Egyptian Family
Trib i iguire Ligitis & Oilest Euchs		L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th) Taqsim Family Circle Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family % Shimmy: 3/4 on the Up (none) F-and-B-and Walk-2-3-4 (none) 3/4 Shimmy Turn (none) Basic Egyptian Family Whip Spin with Twist (default)
	Week 8	L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th) Full Spin with Basic E (L1: 2nd) L1 Review Standing Drills Glutes Basic Egyptian Family Review Basic Egyptian (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic Egyptian Backwalk (L1: 5th) Basic E Walk with Pivot (L1: 5th)	Shimmy Family Singles on the Up halftime (L1: 5th) Singles on the Up fulltime (L1: 5th) Taqsim Family Circle Step (L1: 2nd) Crescent Step (L1: 2nd) L1 New Material Arabic Family Arabic 1-4 (L1: 5th) Taqsim Family Circle Step (L1: 2nd)	Shimmy Family Algerian Shimmy (2nd) Four-Four Shimmy (2nd) Taqsim Family Goosh Step (default) Goosh Spin (default) L2 New Material Shimmy Family % Shimmy: 3/4 on the Up (none) F-and-B-and Walk-2-3-4 (none) 3/4 Shimmy Turn (none) Basic Egyptian Family Whip Spin with Twist (default) Taqsim Family

Week 10	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Running Choo Choo Family (default only)	Shimmy Family
	Glutes	Running Choo Choo (L1: 4th)	3/4 Shimmy with Twist (none)
	Basic Egyptian Family Review	4F4B, 2F2B, 1F1B (L1: 4th)	One, Two, Three, And (2nd)
	Basic Egyptian (L1: 5th)	FMMB, BMMF (L1:4th)	3/4 Flamenco (none)
	Basic Egyptian Backwalk (L1: 5th)	Zenouba (default)	Spins
	Basic E Walk with Pivot (L1: 5th)	Spins	Diagonal 2/4 Spin (default)
	Full Spin with Basic E (L1: 2nd)	Basic 4/4 Spin (L1: 2nd)	Centrifugal Spin (default)
Week 11	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Running Choo Choo Family	Debke Family
	Glutes	Reverse Week 10	Debke 1
	Basic Egyptian Family Review	Spins	Debke 2
	Basic Egyptian (L1: 5th)	Spinning in 2/4 (L1: 2nd)	Debke 3
	Basic Egyptian Backwalk (L1: 5th)	Sp (2 2)	Debke 4
	Basic E Walk with Pivot (L1: 5th)		Debke 5
	Full Spin with Basic E (L1: 2nd)		
	- L.		
Week 12	L1 Review	L1 New Material	L2 New Material
	Standing Drills	Review of JL1 Material	Review of JL2 Material
	Glutes		
	Basic Egyptian Family Review		
	See previous weeks for step list		
Cymbals	L1 Cymbals	L2 Cymbals	L3 Cymbals
All R and L	L1 Cymbals Singles	L2 Cymbals 4s	6s
	Singles 3s (Longa)	4s 4-1-4-1-4	6s 2-6
All R and L	Singles	4s 4-1-4-1-4 4-4-7	6s 2-6 10s
All R and L	Singles 3s (Longa) 3-1-3-1-3	4s 4-1-4-1-4 4-4-7 4-7-4	6s 2-6 10s 2-6-10
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5	6s 2-6 10s 2-6-10 4-4-10
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4	6s 2-6 10s 2-6-10 4-4-10 Running 7s
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRLL LRR-LRRLL LRRx4 & 4 R & L Cross	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s 2-1-2-1-2	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s 2-1-2-1-2 2-2-7	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s 2-1-2-1-2 2-2-7 2-7-2	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s 2-1-2-1-2 2-2-7 2-7-2 2-5-5	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)
All R and L	Singles 3s (Longa) 3-1-3-1-3 7s 3-3-7 3-7-3 Running 5s 3-5-5 5-5-3 3-5-1-3 3-1-5-3	4s 4-1-4-1-4 4-4-7 4-7-4 4-5-5 5-5-4 4-5-1-4 4-1-5-4 Alternating 4s & 5s RT 3 patterns with LRT LRR RLRR-LRLL LRR-LRR-LR LRRx4 & 4 R & L Cross 2s 2-1-2-1-2 2-2-7 2-7-2	6s 2-6 10s 2-6-10 4-4-10 Running 7s 7-1-3-3 2-6-10-7-1-3-3 Moori Karshilama (four patterns) Taqsim (Waheda)

2-1-5-2