



**When you take away the music, costume, arm accompaniment, Tools of Dance Composition and Degree to which movements are executed; you'll find that the basic isolations are all the same. As you look over the following table, notice that each style of Bellydance relies on the same strong foundations:**

	Rhythms, Musical Standards, Song Meanings, History	Posture	Foot Patterns, Positions	Turns	Arms	Defined Isolations, Ability to Layer & Vary Degree	Transitions, Movement Theory	Stamina, Strength, Flexibility	Solo Improv (S), Choreography (C), or Group Improv (G)
Folkloric, Ethnic, Regional, Etc.	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Egyptian Styles	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Turkish, Greek, or Lebanese	YES	YES	YES	YES	YES	YES	YES	YES	S/C
West. Nightclub	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Old Style Tribal	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Tribal Improv	YES	YES	YES	YES	YES	YES	YES	YES	G
World Fusion	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Tribal/ Modern Fusion	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Veil	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Sword or Balancing Props	YES	YES	YES	YES	YES	YES	YES	YES	S/C
Floorwork	YES	YES	YES	YES	YES	YES	YES	YES	S/C