

Indian Dance

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1 Level 1

Note: Only foot movements are described here. Remaining body movements are demonstrated in the class.

Notation:

- LF: Left foot
- LT: Left toe-mount (next to the right heel)
- L*: Left foot in the air (in front of the right knee)
- LH: Left heel (next to the right heel)

- RF: Right foot
- RT: Right toe-mount (next to the left heel)
- R*: Right foot in the air (in front of the left knee)
- RH: Right heel (next to the left heel)

1.1 Movements with toe-mounts

- 1: [LF RT RF LT] [LF RT RF LT]
- 2: [LF - RT RT] [RF - LT LT]
- 3: [LF - -] [RF - RF -] [RF - -] [LF - LF -]

1.2 Movements with feet lifts

- 4: [LF R* RF L*] [LF R* RF L*]
- 5: [LF LF-R* RF RF-L*] [LF LF-R* RF RF-L*]

1.3 Movements with heels

- 6: [LF - RH RF -] [RF - LH LF -]
- 7: [LF RH RF] [LF RH RF] [LF -] [RF LH LF] [RF LH LF] [RF -]
- 8: [LF RH RF] [RF LH LF] [LF RH RF] [RF LH LF] [LF RF LF RF]

2 Level 2

Under design.