

bellydance revolution

Zill Patterns: Chiftitelli

The slow, hypnotic nature of the chiftitelli (pronounced "shift uh TELL lee") lends itself to snakelike undulations and circular motions of the torso. Greeks spell this Tsiftetelli, and in Greece this word refers not only to the musical definition of the word but is also used to mean "belly dancing" in general. The chiftitelli rhythm is in 4/4 time, which means there are 4 beats to a measure and a quarter note gets one count.

Which Hand To Use

For right-handed dancers: R RLR R RLR R RLR RLR RLR (and hold and)

For left-handed dancers: L LRL L LRL L LRL LRL LRL (and hold and)

In Musical Notation (8 counts)

