

General Skills for ATS Check List

Day One

Functional Anatomy for Dance

posture

prayer

taxeem

reverse taxeem

hand floreo

arm undulations

bodywave

egyptian step

arabic step

pivot bump-choo choo w/arm 1, w/arm 2

shimmy

zils

torso twist

circle step

walking taxeem

walking bodywave

formations+lead and follow:

cues and transitions

flock of birds

duet

trio

circle

quartet

fade

chorus

diagonal

Day Two

reverse turn

propeller turn

corkscrew turn

reach and sit

arc arms

up2 down3 w/zil pattern

double bump

single bump + w/half turn

Music Theory for Tribal Style #1

turkish shimmy w/quarter turn + half turn

w/arms and diagonal turn

w/arms and circle

camel walk

ribcage rotation

head slides

arabic hip twist:

w/ half turn + flourish

arabic 123

arabic shimmy

shoulder shimmy-hip drop

ghawazee shimmy combo

Day Three

Music Theory for Tribal Style #2

wrap around turn

barrel turn

sahra turn

reverse shimmy

wet dog

belly rolls

laybacks

flutters

spins

egyptian full turn

arabic orbit

sunanda

re-shamka

double back + w/half turn

water pot

chico four corners

arabic shimmy w/arms and turn

w/ fade and circle

NOTES:

FatChanceBellyDance

Carolena Nericcio, director

670 South Van Ness Ave.

San Francisco, CA 94110

415-431-4322 :: www.fcbd.com