

ATS American Tribal Style* Belly Dance Level 1 ~ Dance Fundamentals

Learn the beauty of American Tribal Style Belly Dance (ATS) by drilling the basics in partner formations unique to ATS. Using both slow movements and fast steps, we'll get you dancing in your first class! The six week cycle repeats. You can follow the format progressively or just drop in. If you miss the beginning of the current course, you are still welcome to drop in. Please arrive on time. Most students need to take the 6 week basics twice before being prepared for Level 2 Tribal Combinations. Whenever a class session is longer than 6 weeks, the additional classes will review and practice lead & follow.

Week One

Posture

Prayer

Taxeem

Hand Floreo

4 Basic Steps (Shimmy, Egyptian, Arabic, Pivot/Choo-choo) with simple cues and transitions.

Week Two

Arm Undulations

Egyptian Step

Formations for Leading and Following

You will need your own zils (finger cymbals) for Week Three*

Week Three

Zils

Review formations with all steps

Week Four

Bodywave

Arabic Step

Review formations with all steps

Week Five

Torso Twist

Pivot Bump/Choo Choo w/arm 1 and arm 2

Review formations with all steps

Week Six

Circle Step

Shimmy Step

Review formations with all steps

NOTE: This follows the FatChanceBellyDance Level 1 class format.

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