

ATS American Tribal Style* Belly Dance Level 2 ~ Tribal Combinations

Refine individual technique by drilling basic steps and their variations in creative combinations. Level One Fundamentals recommended before taking this class. Basic steps covered in L1 are not covered in L2.

Springs Oasis Belly Dance class sessions are 6-8 weeks each. Each session will alternate between L2 weeks 1-6 or 7-12. When a session is longer than 6 weeks, the additional weeks will review and practice lead & follow exercises.

Week One

Walking Taxeem
Walking Bodywave
Reverse Turn
Review/drill formations

Week Two

Turkish Shimmy
-w/arms and turn
Review/drill formations

Week Three

Chorus
Reach and Sit
Review/drill formations

Week Four

Propeller Turn
Corkscrew Turn
Review/drill formations/chorus

Week Five

Arabic Hip Twist and half turn
Review/drill formations/chorus

Week Six

Camel Walk
Review/drill formations/chorus

Week Seven

Double Bump
Single Bump
Review/drill formations/chorus

Week Eight

Ribcage Rotation
Arc arms
Review/drill formations/chorus

Week Nine

Up2 Down3
-w/zil pattern
Review/drill formations/chorus

Week Ten

Arabic Shimmy
-w/arms and turn
Review/drill formations/chorus

Week Eleven

Shoulder Shimmy
Ghawazee Shimmy Combo
Review/drill formations/chorus

Week Twelve

Reverse Taxeem
Head Slides
Review/drill formations/chorus

NOTE: This follows the FatChanceBellyDance Level 1 class format.

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