

Tribal Style Belly Dance Class - Course Outline: Level 3

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Tribal Wallah Dance Troupe

www.tribalwallah.net

Intermediate Improv - Tribal Rhythms, Queues and Transitions

Level Two Combinations are required before taking this class. Basic steps covered in L1 and L2 are not covered in L3.

The first 8 weeks will cover primarily ATS specific vocabulary. The last four will cover a variety of other Tribal improv Steps.

Week One	Week Four	Week Seven	Week Nine – Twelve
<ul style="list-style-type: none"> • Sundana • Wet Dog • <i>Barrel Turn</i> 	<ul style="list-style-type: none"> • Arabic Hip Twist Flourish • Arabic 1-2-3 • <i>Maya arms (FCBD)</i> 	<ul style="list-style-type: none"> • TSWAT (FCBD) & circling • Doubleback • <i>Layback</i> 	<ul style="list-style-type: none"> • Kajira's Arabic • N.O.madic Orbit Up & Back • GC Box Step • Ziah's Corners
<p>Week Two</p> <ul style="list-style-type: none"> • Resham-ka • Evil E.B. * • <i>Sahra Turn</i> 	<p>Week Five</p> <ul style="list-style-type: none"> • Waterpot • ASWAT Fade 	<p>Week Eight</p> <ul style="list-style-type: none"> • Egyptian Full Turn • Calibrated Spins 	<ul style="list-style-type: none"> • Arabic 5 • Arabic Star • Petal Arms • T.S.- the Sooz • GC Arabic 2 (puck) • Hip Offering • 1/6 shimmy • Bicycle Shimmy • Moroccan Hip Hop • Tunisian • Double Tunisian
<p>Week Three</p> <ul style="list-style-type: none"> • Chico 4 Corners • <i>Wrap Around Turn</i> 	<p>Week Six</p> <ul style="list-style-type: none"> • Arabic Orbit • Single Bump Half Turn 	<p style="text-align: center;">* <i>Not an ATS step</i></p>	