

American Tribal Style Bellydance LEVEL 1 DANCE FUNDAMENTALS (6 weeks)

Week One

STEP	SLOW or FAST	Corresponding FatChanceBellyDance DVD <i>*Not required for class!</i>
Posture		Tribal Basics Vol. 1 Fundamentals of Dance
Puja		All Tribal Basics DVDs
Taxeem	slow	Tribal Basics Vol. 1 Fundamentals of Dance
Hand Floreo	slow	Tribal Basics Vol. 4 Embellishments and Variations
4 Basic Steps (Introduction to) – Shimmy, Egyptian, Arabic, Pivot/Choo-choo	fast	Tribal Basics Vol. 1 Fundamentals of Dance

Week Two

STEP	SLOW or FAST	DVD
Arm Undulations	slow	Tribal Basics Vol. 1 Fundamentals of Dance
Egyptian Basic & Egyptian Half-Turn	fast	Tribal Basics Vol. 1 Fundamentals of Dance
Formations for Leading and Following		Tribal Basics Vol. 6 Improvisational Choreography

Week Three

STEP	SLOW or FAST	DVD
Zils (finger cymbals)	fast	Tribal Basics Vol. 3 Zils Yin and Yang
Review formations with all steps		Tribal Basics Vol. 5 Cues and Transitions & Vol. 6 Improv Choreography

Week Four

STEP	SLOW or FAST	DVD
Bodywave	slow	Tribal Basics Vol. 1 Fundamentals of Dance
Arabic Step	fast	Tribal Basics Vol. 1 Fundamentals of Dance
Review formations with all steps		Tribal Basics Vol. 5 Cues and Transitions & Vol. 6 Improv Choreography

Week Five

STEP	SLOW or FAST	DVD
Torso Twist	slow	Tribal Basics Vol. 4 Embellishments and Variations
Pivot Bump/Choo Choo w/arm 1 & arm 2	fast	Tribal Basics Vol. 1 Fundamentals of Dance
Review formations with all steps		Tribal Basics Vol. 5 Cues and Transitions & Vol. 6 Improv Choreography

Week Six

STEP	SLOW or FAST	DVD
Circle Step	slow	Tribal Basics Vol. 4 Embellishments and Variations
Shimmy Step	fast	Tribal Basics Vol. 1 Fundamentals of Dance
Review formations with all steps		Tribal Basics Vol. 5 Cues and Transitions & Vol. 6 Improv Choreography

* All DVDs can be purchased from the FatChanceBellyDance website: <http://fcbd.com/catalog>
DVDs ARE **NOT REQUIRED** for class, but are available should you wish to supplement your practice at home.