

Tribe Hamsa

Class Schedule

The Tool Box Series

Level 1

Drill Bits - Dance Fundamentals

Level 2

Construction - Combos /Technique

Level 3

Design – Advanced Movements

Learn the art of **American Tribal Style Belly Dance**. “ATS” is the Tribal Belly Dance format created by Carolena Nericcio & Fat Chance Belly Dance of San Francisco, California



Instructor: Maria “Naja” Richardson
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A Fat Chance Belly Dance
Sister Studio
www.tribehamsa.com

\$14 per class
\$72, 7 pre-paid class card

Class sessions are on a 6 or 12 week rotation, so that if you miss a class, you can easily catch up or double up for extra study.

Level 1

Drill Bits **Dance Fundamentals** **6-week Course**

Using both basic slow and fast movements and steps we'll drill the basics & the partner formations unique to ATS. We'll get you dancing in your first class.

Week One

Posture, Moving Meditation
Taxseem, 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

Week Three

Zils (there will be some for loan)
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

Level 2

Construction Tribal Combos and Technique 12-week Course

Refine technique by drilling the basics and their variations in creative combinations. Although open to all levels, this class is best when taken simultaneously with Dance Fundamentals (L1) as there are no descriptions of the basic steps. Chorus & Partner work included.

Week One

Walking Taxseem
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 & 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 choo-choo
Review/drill formations/chorus

Week Nine

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

Week Ten

Arabic Shimmy w/ arms
and Fade
Review/drill formations/chorus

Week Eleven

Shoulder Shimmy
Ghawazee Shimmy Combo
Review/drill formations/chorus

Week Twelve

Reverse Taxseem
Headslides
Review/drill formations/chorus

Level 3 Advanced Movements 6-week Course

Teach Permission required

*Includes complicated combos,
floor work and balancing*

Week One

Arabic Shimmy w/Fade & Turn
Turning Circle Step

Week Two

Double Back w/Zill Pattern
Turning Torso Twist

Week Three

Calibrated Spin Combos

Week Four

Chico 4 Corners & Wrap

Week Five

Floor work & Balancing
(Kneepads required)

Week Six

Special Hamsa Combos