fatchancebellydance® american tribal style®

Level 1 Class

DATE												
Posture												
Gratitude Meditation (Formerly Moving Meditation, Puja)												
Slow												
Taxeem												
Hand Floreo												
Arm Undulations												
Bodywave												
Fast												
Zils												
Egyptian Step												
Arabic Step												
Pivot Bump/Choo-choo w/Arm 1&2												
Shimmy Step												
Formations												
Formations : DUET												
Formations: TRIO												
Formations: QUARTET												
Slow Lvel 1+												
Torso Twist (Basic)												
Circle Step (Basic)												
Reverse Turn												
Propeller Turn												
Corkscrew Turn												
Fast Level 1+												
Double Bump												
Single Bump												
Reach and Sit												
Chico Four Corners												
Box Step												

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Level 2

DATE												
Slow												
Walking Taxeem and Walking Bodywave												
Camel Walk												
Ribcage Rotation												
Reverse Taxeem												
Head Slides												
Torso Twist w/ 1/2 Turn and 3 Point Turn												
Circle Step w/ 1/2 Turn and 3 Point Turn												
Formations												
Chorus												
Fade												
Diagonale												
Fast												
Turkish Shimmy												
Turkish Shimmy With Arms And Turn (TSWAAT)												
Arabic Hip Twist and 1/2 Turn												
Single Bump 1/2 Turn												
Choo Choo Arc Arms												
Zills : Military Pattern												
Up2 Down3 w/ Military Zil Pattern												
Arabic Shimmy												

Level 2

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DATE												
Arabic Shimmy With Arms And Turn (ASWAAT)												
Shoulder Shimmy Hip Drop Combo												
Ghawazee Shimmy Combo												
Sunanda												
Resham-ka												
Egyptian Full Turn												
Level 2 +												
Pulse Turn												
The Rainbow												
Loco Camel												
Medusa 1 (ATS® version)												
ASWAAT Fade and Circle												
TSWAAT Circle												
Arabic Hip Twist Flourish												
Arabic Hip Twist Flourish Fade and Circle												
Push Forward and Back w/modified Military Zil Pattern												
Arabic with a Double Turn												
Roundhouse												
Triple Egyptian												
Dragonfly												
Level (Concept, not full and no drop)												

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Level 3

DATE												
Slow												
Wrap Around Turn												
Barrel Turn												
Sahra Turn												
Fast												
Arabic 123												
Waterpot												
Arabic Orbit												
Wet Dog												
Double Back with 1/2 Turn												
Spins												
Level 3+												
Medusa 2 (Indian version)												
Strong Arm and Variations 1&2												
Wrap Around Drop												
Turkish Shimmy Cross-over												
Alabama Twister												
The Triangle Step												

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Level 3

DATE												
Level 3+												
Turkish Shimmy 1/4 turn Fade												
Egyptian Sevillana												
Resham-ka Spin												
Arabic Do-Si-Do												
Formations / Combos												
Dueling Duet												
Slow Diagonal Fade												
Passing: Camel, Chico, Sahra, Wrap Around, Barrel, Turkish, Torso twist												
Combos: Chico Circle Up, Choo-choo Arc Arm, Sunanda Duet, Aswat Duet												
Specialities												
Level Drop (and Full Level)												
Laybacks												
Bellyrolls and Flutters												
Floorwork												
Balancing Sword and Basket												