

Advanced Syllabus

ATS with Heidi of Wild Sky Studio

This is a 12 week course and in this class you will be learning Advanced dance moves, advanced improvisational choreography, floor work, and Tribal prop work.

Required wear, ATS skirt, choli, tassel belt or hip scarf. You must also have Zills, and knee pads for floor work. Please wear bike shorts, leggings, or pantaloons under your skirt. Soft soled dance shoes or barefoot, your choice.

Week 1

Walking Taxeem, Walking body wave, Sundanda.

Week 2

Single Half bump turn, Egyptian full turn, wet dog

Week 3

Wrap around turn, Arabic hip twist flourish, Double back

Week 4

Layback, Ghawazee shimmy combo, Arabic shimmy w/ arms and turn

Week 5

Arabic orbit, Rem-sha ka, Chico 4 corners, Barrel turn

Week 6

Sahra Turn, Water pot, Half turn spins

Week 7

Turkish shimmy w arms and turn, reverse turn

Week 8

floor work

Week 9

Formations, fads

Week 10

props

Week 11

Lets put it all together!

Week 12

Hafla!