

## Beginner Tribal Belly Dance Class Syllabus

In our Beginner class, we will be learning, and putting into practice all of the concepts of American Tribal Style Belly Dance at a beginning level. Upon completion of all 8 weeks of class, you will understand all of the beginner concepts of ATS, and be able to execute these concepts on a beginning level. The concepts covered are;

Fundamental dance moves  
simple transitions  
simple improvisational choreography  
beginning zills (finger cymbals)

What to wear, Skirt or loose pants. Sports Bra, tank top or crop top. If you would like to wear Costume appropriate pieces, these are the pieces your can wear:  
10 yard skirt, Choli, and hipscarf. Optional; pantaloons, soft soled dance shoes.  
Costume pieces can be purchased from Wild Sky Studio. Please have zills and a bottle of water.

I highly recommend saroyan zills, and the nefertiti or grecian model for beginner students. They are affordable and of high quality, so one pair will last and carry you into performance if that is what you choose to do. Please visit <http://dwp.bigplanet.com/saroyan/studentsadvanced/>

### Class material

#### Week one

Drills the Shimmy, Arabic, Pivot bump, and choo choo  
Fast to Fast Transitions

#### Week two

Drills: taxeem, Snake arms, Body wave, and Torso rotation  
Slow to slow transitions

#### Week three

Drill, all moves, slow and fast  
beginning Improvisational formations, small group work

#### Week four

Drill, all moves slow and fast  
Improvisational work, small groups  
beginning zills, how to get the three sounds

#### Week five

Drill, all moves with improvisational work  
zilling: the triplet and Baladi

#### Week six

Drill, all moves with improvisational work  
zilling while dancing

#### Week seven

Marathon ATS dancing

Week eight  
Marathon ATS dancing