

## **Intermediate Tribal Belly Dance Syllabus with Heidi of Wild Sky Studio**

This 12 week class covers the intermediate dance moves and formations of the ATS format. Upon completion of all 12 weeks, you will be to execute all of the intermediate tribal belly dance moves and apply the concepts of Intermediate level work.

Required wear is ATS skirt, choli, and tassel belt or hipscarf. Please wear, leggings, tights, bike shorts or pantaloons under your skirt. Soft sole dance shoes or barefeet, your choice. Zills are also required. Bring a bottle of water.

### **Week 1**

Hand floreos, Choo- Choo arc. Lead and follow drills small group

### **Week 2**

Torso twist, reverse Taxeem. Lead and follow drills, small group

### **Week 3**

Deep Body wave, Camelwalk. Lead and follow drills, small group

### **Week 4**

Choo- Choo singles, Choo-Choo doubles, Lead and Follow drills, small group

### **Week 5**

up 2 down 3, shoulder shimmy, lead and follow drills, small group

### **Week 6**

Egyptain Half turn, Turkish shimmy, Lead and Follow drills, small group

### **Week 7**

Reach and sit, Circle Step, Lead and follow drills, small group

### **Week 8**

Torso twist, Arabic 1-2-3, lead and follow drills, small group

### **Week 9**

Propeller turn, corkscrew turn, Lead and follow drills, small group

### **Week 10**

Dance it out, marathon drills

### **Week 11**

Dance it out, Marathon drills

### **Week 12**

Hafla!