

American Tribal Style® Belly Dance



Live Arts Los Angeles

4210 Panamint Street
Los Angeles, CA 90065
www.liveartsla.com
yuskalutfi@gmail.com
415-756-8719



Level 1: Dance Fundamentals

(Thursdays 6-7 pm and Saturdays 2-3 pm)

Week 1: Posture, Puja, Taxeem, Hand Floreo, Basic Fast Steps
(Shimmy, Egyptian, Arabic, Pivot Bump/Choo-Choo)

Week 2: Arm Undulation, Egyptian, Duet Formation

Week 3: Finger cymbals*

Week 4: Bodywave, Arabic, Trio Formation

Week 5: Torso Twist, Pivot Bump/Choo-Choo

Week 6: Circle Step, Shimmy, Quartet Formation

Week 7: Review, emphasis on Formation

Week 8: Review, emphasis on Shimmy and finger cymbals

*You will need your own finger cymbals

Class Price: 4 Classes: \$45. 8 Classes: \$90. Drop-in: \$14

About the dance:

American Tribal Style® (ATS®) belly dance was created and developed by Carolena Nericcio of FatChanceBellyDance®. ATS® is a group improvisational dance form and uses a vocabulary of natural movements and cues where dancers communicate through gestures and eye contact. For more information, visit www.fcabd.com.

Level 2: Tribal Combinations

(coming soon)

Week 1: Walking Taxeem, Walking Bodywave, Reverse Turn

Week 2: Turkish Shimmy, Turkish Shimmy with Arms & Turn

Week 3: Reach & Sit, Chorus

Week 4: Propeller Turn, Corkscrew Turn

Week 5: Arabic Hip Twist, Arabic Hip Twist Half Turn

Week 6: Camel Walk

Week 7: Double Bump, Single Bump

Week 8: Ribcage Rotation, Arc Arms

Week 9: Up 2 Down 3

Week 10: Arabic Shimmy, Arabic Shimmy with Arms & Turns

Week 11: Shoulder Shimmy with Hip Drop Combo,

Ghawazee Shimmy Combo

Week 12: Reverse Taxeem, Head Slides

About the instructor:

Yuska has been teaching ATS® since 2011. While living in Berkeley from 2011 to 2014, he took weekly classes at the San Francisco FatChanceBellyDance® studio and was a member of its student troupe. He has performed at Cues & Tattoos (with Taksu Tribal and Sons of Trimurti) and Tribal Fest (with Ebb & Flow). Yuska is a certified ATS® teacher and teaches men and women.