

To the Earth ***Almost-Winter Drills Class***

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Class Rules:

1. Please be on time, as the outside doors are locked and we will have to interrupt class to let you in. Also, it is important to participate in the warm-up at the beginning of class so you are prepared for dancing.
2. We will plan on being at the gallery 15 minutes before the start of each class, so that you have time to come in and change into your dance clothes, if necessary.
3. If you enter through the side door on Hull St Rd, there is a doorbell next to the keypad. It can be heard throughout the building, and someone will come let you in.
4. Be courteous to other students by keeping chatter down during class; feel free to socialize before and after we start, of course! Also, please turn off your cell phones during class.
5. Finally, if you have any pre-existing injury or illness for which you require a brace, wrap, or medication (such as asthma), please make sure to have that with you. Also, be sure to take care of yourself - *don't* push yourself beyond your own limits.

Dress code/ supplies:

1. Please wear comfortable clothing that allows free movement, such as you would wear to an exercise class.
2. Please avoid baggy clothing, so that we can see your form and posture. Full skirts are acceptable if they are either tucked up so that we can see your knees, or made out of a sheer material.
3. A hip scarf or sash of some sort is required. Please don't wear loud jingly belts for class, as these can be distracting in a small space. (These are great for haflas/class parties, however!)
4. For the cool down portion of the class – you may wish to bring a towel or yoga mat, and a small cushion to help with flexibility.
5. Students from continuing level classes should have the following items for class (they are optional for beginners):
 - Zils (finger cymbals)
 - A balancing prop like a basket, sword or even just a pillow (which you can borrow from us)

Illness:

Please do not come to class if you are contagious with a virus, cold, flu etc. - meaning if you have a fever, or are sneezing or coughing. We don't want to get sick, please stay home until you are not contagious. Please note that you will be asked to leave if you are putting the other students at risk for illness. Contact us for possible make-up class days!

Student Fees:

The drill class can be attended as a session for a flat fee (\$35 for 5 weeks) or as a drop-in (\$10/week). For drop-ins, payment is due before each class starts.

There are no refunds unless you give notice on or before the first day of the session. There will be no partial refunds for dropping the class mid-session. Failure to notify To The Earth that you are dropping the session will result in a forfeiture of your registration fee, and does not presume your participation in an alternate session as a make-up.

References – For Personal Practice

We strongly encourage you to practice at home, and to make sure you are comfortable and mobilized before you get started. Here is a summary of what we do in class, so you can practice on your own.

warm up:

this warm up routine will be repeated every week; it's designed to mobilize your body, giving you more range of motion and preventing injury.

- head & neck – circle neck vertically and horizontally
- shoulder rolls – roll right shoulder back, then left, then right shoulder front followed by left
- arms – casts & snake arms
- ribcage/torso – vertical & horizontal circles
- pelvis – vertical & horizontal circles
- spine – front/back & side rolls
- hips/knees/ankles – figure eights, then rotate knee with the foot on ground, then rotate foot
- elbows & wrists (for when we do zils) –forearms and wrists in vertical and horizontal circles
- fingers & hands (for zils) – hand presses, finger circles & shake out arms

conditioning:

some of these exercises will be done each night, depending on which movements will be focusing on. If you're practicing by yourself, follow the areas of focus. unlike warmup and cooldown movements (which should be done in relaxed, comfortable alignment), make sure you start by finding the right dance structure/"posture".

focus: slow & floor work

- gentle squats, relaxing to a comfortable position for you
- wide legged forward bend
- open & close: sit with knees up, drop one knee to side, pull other knee in, kneel, release one knee out & then coming back to sit with knees up

focus: shimmies

- weight shift from leg to leg, keeping the torso relaxed
- move hip up & down without bending knees or shifting
- tighten both butt cheeks at one, then one at a time

focus: other hip movements & leg strength

- twist hip forward (same as elvis pelvis, but without moving the leg) and back
- pelvic tuck – starting from a kegel exercise, pull in the pelvis (forward) and then drop back
- on your knees, lower your butt back to your feet & come up again

focus: torso & ribcage

- lengthen the torso by lifting the ribcage up, drop back to neutral
- starting from neutral, shorten the torso by dropping the ribcage down
- from seated, lower yourself forward & back with a straight back – don't strain, just feel yourself supported in front

moving meditation:

this is an opportunity to center yourself and become comfortable in dance-ready alignment; it honors your dance space, the reasons you dance, and the people you dance with/for.

- bring hands overhead in lotus position
- drop hands together in prayer position in front of the sternum/chest
- gesture out with the right hand
- gesture out with the left hand
- come down to one knee and place your prayer hands on your forehead, then sternum

- touch the floor
- touch your ears
- gesture out with the right hand
- gesture out with the left hand
- bring hands overhead as you rise to standing, then back to prayer position

cool down:

this is a slightly more challenging version of the beginners' cool down; we'll repeat it at the end of every class. it will help you release the tension that dancing can create

- standing breath
- roll down with breath
- cat / cow transition
- *sitting stretch
- *cradle baby
- *sit on baby (pigeon prep pose)
- *calf stretch
- half-bow pose & twist
- child's pose / release

Movement Lists:

Following are all the movements we learn in TTE classes. While only some of these movements may be reviewed at your level in the drills class, we've included them here so you can make notes.

Fast Movements

Weight Shift / Walking Family

- GHAWAZEE
- GHAWAZEE TURN
- KAPA
- OHURI

Arabic Family

- ARABIC
- ARABIC TURN
- ARABIC FBBB
- ARABIC TWIST
- ARABIC SIDE / SIDE

Egyptian Family

- BASIC EGYPTIAN
- EGYPTIAN 1/2 TURN
- EGYPTIAN FULL TURN

Shimmy Family

- 3/4 SHIMMY TURN
- 3/4 SHIMMY
- TURKISH SHIMMY

Hip Bump / Choo Choo Family

- HIP BUMP/CHOO CHOO
- PIVOT BUMP (hip bump turn)
- CHOO CHOO SINGLES / CHARLESTON
- CHOO CHOO DOUBLES / MONSTER MASH
- CHICA
- CHOO CHOO ARC

Slow Movements

Arms & Hands

- HAND FLOREOS / ARM ACCENTS
- ARM UNDULATIONS
- LUNA

Ribcage & Torso

- BELLY ROLL
- BODY WAVE
- TORSO ROTATION
- RIBCAGE ROTATION

Hips

- TAXSIM
- REVERSE TAXSIM
- CIRCLE STEP

Accents & Turns

- PROPELLER TURN
- CAMEL
- REVERSE TURN
- WHITE GIRL