

## American Tribal Style Bellydance – with To the Earth

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### **the basics: posture & attention**

ATS alignment:

- feet evenly spaced & weighted; knees loose (not locked or too bent)
- pelvis neutral & relaxed
- shoulder blades lightly pressed down the back (like you have wings); arms gently curved and energized
- head floating on the neck

### **fast steps**

a sampling of fast tribal steps with their cues:

<b>Step</b>	<b>Description</b>	<b>Count</b>	<b>Cue</b>
HIP BUMP	Weight almost even on both feet, right hip lifted up	1	left arm up, right arm out
HIP BUMP TURN	Pivot around the left foot, no set count ("flock like birds")	N/A	arms change or look over shoulder
GHAWAZEE	Weight swings from right foot to left	2	arms at shoulder height with palms up
GHAWAZEE TURN	¼ turns around to each "wall" – left, back, right & front	8	look over left shoulder
ARABIC	Weight forward on right foot, chest up / weight back on left foot & chest released	2	plunge arms down & raise in count of 8
ARABIC TURN	Pivot around the left foot, no set count ("flock like birds")	N/A	arms change or look over shoulder
EGYPTIAN BASIC	Step-twist right & left	4	both arms up
¾ SHIMMY	Right hip up-neutral-up, left hip up-neutral-up – just a loose, bouncy & rhythmic walk	2 (or 4)	arms in basic ATS posture
¾ SHIMMY TURN	Step around yourself in 4 directions	4	look over left shoulder
REACH & SIT	Feet in place, right hip forward & up with right arm reach / back to neutral & "sit" towards the left hip	2	right arm out, left arm slightly to front

### **slow steps**

a sampling of slow tribal steps with their cues:

<b>Step</b>	<b>Description</b>	<b>Sections</b>	<b>Hint or Cue</b>
BODY WAVE	Undulation from ribcage to abdomen (not hips!)	5	chest lift or right arm up, left arm curved front
TORSO ROTATION	Heart-shaped floor pattern, left-back-right-center with torso	5	left diagonal torso position
ARM UNDULATIONS	Right arm casts out, then left (except when done with torso rotation)	2	starts from right shoulder
HAND FLOREO	Circle of the wrist, like holding a glass	3	N/A (layered over arms or step)
TAXSIM	Right hip drops, comes up & back to center, repeat on left	2	right hip = thumb, left hip = pinky
REVERSE TURN	Full turn over right shoulder with arms close to the body	4	arms overhead, then drop right arm & look over right shoulder

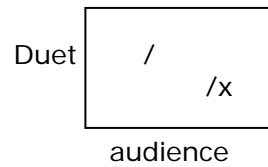
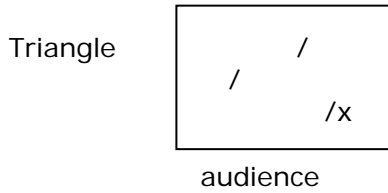
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## formations & sight lines

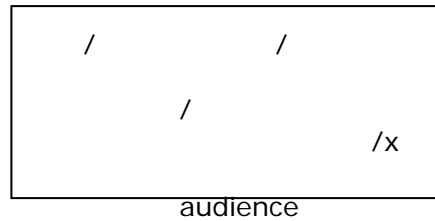
### FORMATIONS

- “DIAMOND” or STAGGER
- CHORUS
- how to change the leader or orientation in space – with a FADE or with a TURN

### staggered formations ( / = dancer, /x = leader )



4- person Diamond



### chorus formation ( / = dancer, /x = leader )

