

Daily Bellydance Drills

ATS specific:

32 hip locks (16 each direction)
16 hip bumps right side
16 hip bumps left side
16 mayas- vertical figure eight
coming from the top out and down (8
each hip)
16 taqsims - Opposite of a Maya, a
vertical figure eight coming from the
bottom out and up. (8 each hip)
8 chest lifts
16 ribcage rotations (8 in each
direction)
8 torso rotations
16 arm undulations (8 each side)
16 head slides side to side (8 each
side)

8 belly rolls down
8 belly rolls up
8 small bodywaves
8 large bodywaves
8 deep bodywaves
20 second Egyptian shimmy
20 second basic shimmy
20 second Turkish shimmy
20 second Arabic shimmy
20 second $\frac{3}{4}$ shoulder shimmy
20 second flutter
8 Arabics
8 Egyptians
8 Wet Dog!
4 full-count spins

Daily Bellydance Drills

ATS + General:

32 hip locks (16 each direction)
32 pelvic locks forward and back (16 each direction)
16 hip bumps right side
16 hip drops right side
16 hip bumps left side
16 hip drops left side

16 small hip circles (8 each direction)
16 omi's/umi's (8 in each direction) - very tiny hip circle, legs fairly close together, hips slightly tilted forward.
16 forward hip 8's (8 each hip)
16 backward hip 8's (8 each hip)
16 mayas- vertical figure eight coming from the top out and down (8 each hip)
16 taqsims - Opposite of a Maya, a vertical figure eight coming from the bottom out and up. (8 each hip)

8 chest lifts
8 chest drops
16 chest lifts then drops (8 each direction)
16 chest slides (8 each side)
16 ribcage rotations (8 in each direction)
16 chest 8's (8 each side)
8 torso rotations

16 arm undulations (8 each side)
16 head slides side to side (8 each side)
16 head circles (8 each direction)
16 head 8's (8 each direction)

8 belly rolls down
8 belly rolls up
8 small bodywaves down
8 small bodywaves up
16 small bodywaves down then up (8 each direction)
8 large bodywaves
8 deep bodywaves

8 Arabics
8 Egyptians
8 Wet Dog!
4 full-count spins

20 second vibrating shimmy
20 second Egyptian shimmy
20 second basic shimmy
20 second basic shimmy on the down
20 second Turkish shimmy
20 second Arabic shimmy
20 second $\frac{3}{4}$ shoulder shimmy
20 second flutter

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.