

# **Tribal Fundamentals 1**

## ***Week 1***

Rhythm: Beledi (Arabic)

Moving Meditation

- Standing Shimmy
- Choo choo (fcbd #1)
- Pivot Bump (fcbd #1)
- Egyptian (fcbd #1)

## ***Week 2***

Formation: Half Circle to Circle

- Basic Shimmy (3/4 Shimmy) (fcbd #1)
- Arabic with flat-ball-ball-ball variation (fcbd #1)

## ***Week 3***

Begin using zills

Rhythm: Ayoub (Turkish)

- Egyptian Half Turn (fcbd #4)

## ***Week 4***

- Figure 8 Taxeem (fcbd #1)
- Hand Floreos (fcbd #4)

## ***Week 5***

- Arm Undulations (fcbd #1)
- Head Slides (fcbd #4)
- Bodywave (fcbd #1)

## ***Week 6***

Review & Individual Assesments (fcbd #4)

## **Tribal Fundamentals 2**

### ***Week 1***

Rhythm: Maksoum (Arabic)

Arabic Hip Twist (fcbd #4)

### ***Week 2***

Vine – Seaweed arms

Vine – Hands touching

Vine w/turn on 4

### ***Week 3***

Formation: Duets & Chorus

Turkish Shimmy (fcbd #4)

### ***Week 4***

Rhythm: Chiftitelli (Turkish)

Formation: Trios & Chorus

Torso Rotation (fcbd #1)

Torso Twist (fcbd #4)

### ***Week 5***

Formation: Quartets & Chorus

Circle Step (fcbd #4)

### ***Week 6***

Review & Individual Assessments (fcbd #4)

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