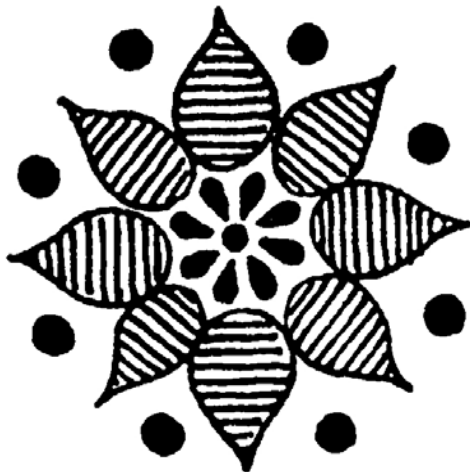


**Mimi Fontana &
Manhattan Tribal**
NYC Class Schedule

Fundamentals Level 1
Tribal Combos / Technique Level 2
Level 3 Improvisation and Drills

Learn the art of **American Tribal Style
Belly Dance**. "ATS" is the Tribal Belly Dance
format created by Carolena Nerricio &
Fat Chance Belly Dance of
San Francisco



www.MimiFontana.com
www.ManhattanTribal.com

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*Mimi Fontana / Manhattan Tribal
Is a Fat Chance Belly Dance
Sister Studio*

**American Tribal Style
Dance Fundamentals
Level 1
6-week Course**

Using both basic slow and fast
movements and steps we'll drill the basics
& the partner formations unique to ATS.
You'll be dancing in your first class.

Class sessions run on Sundays and
Wednesdays so that if you miss a class
you can easily catch up or double up for
extra study.

Follow the format and work progressively
or just drop in as there is a review in
each class.

* **All classes take place at 440 Studios**
440 Lafayette Street near Astor Place
New York, NY 10003
4th Floor – Studio #4-A

Wednesdays 6:30 – 7:30pm

Sundays 1:00 – 2:00pm

Week One

Posture, Moving Meditation
Taxseem Hand Floreo
4 Basic Steps (Shimmy, Egyptian, Arabic,
Pivot/Choo-choo) with simple cues and
transitions.

Week Two

Arm Undulations
Egyptian Step
Formations for Leading and Following

Week Three

Zils (available for purchase at the studio)
Review formations with all steps

Week Four

Bodywave
Arabic Step
Review Formations with all steps

Week Five

Torso Twist
Pivot Bump/Choo Choo w/ arm 1
and arm 2
Review formations with all steps

Week Six

Circle Step
Shimmy Step
Review formations with all steps

**All classes are \$15 per hour drop in
Or purchase a 6-class card for \$78**

**Class cards available in class payable by
cash or check, or pay by credit card
online at www.MimiFontana.com/classes**

Please no checks for single classes.

**Tribal Combos and Technique
Level 2
12-week Course**

Refine technique by drilling the basics and their variations in creative combinations. Although open to all levels, this class is best used simultaneously with Dance Fundamentals as there are no descriptions of the basic steps. Chorus & Partner work included. Zils are required for Level 2 students.

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440 Lafayette Street near Astor Place
New York, NY 10003
4th Floor – Studio #4-A**

Wednesdays 7:30 – 8:30pm

Sundays 2:00 – 3:00pm

Week One

Walking Taxseem
Walking Bodywave
Reverse Turn
Review/drill formations

Week Two

Turkish Shimmy
w/ arms and turn
Review/drill formations

Week Three

Chorus
Reach and Sit
Review/drill formations

Week Four

Propeller Turn
Corkscrew Turn
Review/drill formations/chorus

Week Five

Arabic Hip Twist & ½ Turn
Review/drill formations/chorus

Week Six

Camel Walk
Review/drill formations/chorus

Week Seven

Double Bump
Single Bump
Review/drill formations/chorus

Week Eight

Ribcage Rotation
Arc Arms
Review/drill formations/chorus

Week Nine

Up2 Down3
w/ zil pattern
Review/drill formations/chorus

Week Ten

Arabic Shimmy
w/ arms and turn
Review/drill formations/chorus

Week Eleven

Shoulder Shimmy
Ghawazee Shimmy Combo
Review/drill formations/chorus

Week Twelve

Reverse Taxseem
Headslides
Review/drill formations/chorus

**Level 3 – Drills & Improv
Choreography**

Instructor Permission Required

Wednesdays 8:30 - 9:30pm

Sundays 3:00 – 4:00 pm

Wednesday's class will focus on technique new combinations and introduction of new Level 3 Movements.

Sunday's class will have a breakdown of a new movement each week, with the focus on improvising with each other in small groups and in chorus.

You must have working knowledge and be able to execute all Level 1 & 2 Movements to take Level 3. Mandatory full skirt, choli, hair worn up off neck and zils for L3.