

**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.

**Tuesdays 7:30 – 8:30pm**

**\*Tuesday Class Resumes Feb 2, 2010**

Champions Studios  
257 West 39<sup>th</sup> St – 14<sup>th</sup> Floor  
New York, NY 10018

**Wednesdays 6:30 – 7:30pm**

**Sundays 2:00 – 3:00pm**

440 Studios - 440 Lafayette Street  
New York, NY 10003

**Week One**

Walking Taxseem & 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*  
*& Dress Code*

**You must have working knowledge and be able to execute all Level 1 & 2 and to be comfortable leading and cueing these movements to take Level 3**

Mandatory full skirt, choli,  
hair worn up off neck and zils for L3.

**Wednesdays 7:30 - 8:30pm**

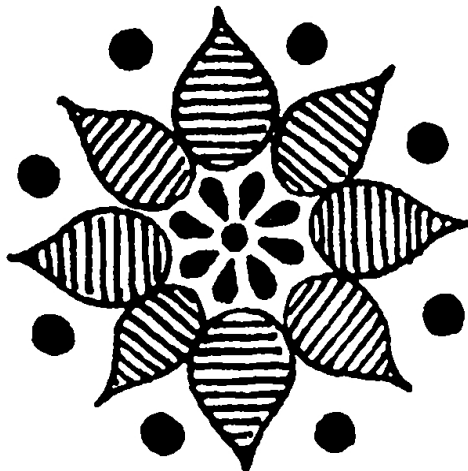
**Sundays 3:00 – 4:00 pm**

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New York, NY 10003

**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](http://www.MimiFontana.com)  
[www.ManhattanTribal.com](http://www.ManhattanTribal.com)

[ManhattanTribal@gmail.com](mailto:ManhattanTribal@gmail.com)  
917.562.5039

*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  
Tuesdays, 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.

**Sundays 1:00 – 2:00pm**

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**Tuesdays 6:30 – 7:30pm**

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**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 \$17 per hour drop in  
Or purchase a 6-class card for \$84  
Or 12-class card for \$156**

**Class cards available in class payable by  
cash or check, or pay by credit card  
online at [www.MimiFontana.com/classes](http://www.MimiFontana.com/classes)**

**Please no checks for single classes.**

