

# Fundamentals of American Tribal Style Bellydance



with Flissy

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## Class Description:

This class will be specific to American Tribal Style (ATS) as established by Fat Chance Bellydance. ATS utilizes non-verbal cues to allow a group of dancers to improvise and dance together in the moment.

Over six weeks, you will learn basic tribal bellydance posture and movements, as well as cues and formations to dance in a group improvisationally. Each week will also include drills and conditioning. Other topics, such as costuming, dance history, and music appreciation will be presented.

## Class Policies:

- I will honor your time by starting and ending class on time, so please arrive on time (or early) so that you'll be present for announcements and warm-up.
- Please wear comfortable, close-fitting attire, and a quiet hip scarf (no coins) if you like. Ballet flats or other soft dance shoes are optional.
- In the case of an emergency when we need to cancel a class, I will contact you and we will extend the session by one week. I will also schedule an additional class if we have at least three people who need to do a make-up at the end of the session. Unfortunately, I am not able to offer refunds.
- Have fun! Be gentle with yourself. Some things will come easier than others. Please ask me questions. I'm happy to help you and do what I can to give you the best dance experience possible.

## Zills (Finger Cymbals):

- Please have your own zills by week three of the session. You can use any kind of zills you like! If you can, try them on, and see how they feel. Pick ones that sound good to you so you will enjoy playing them.
- Saroyan zills are my favorites! There are many different models to choose from. You can buy them online at [www.saroyanzills.com](http://www.saroyanzills.com) or [fcbd.com](http://fcbd.com), or in person at the Amazing Spiral at the Rotunda in Baltimore.

## Internet Resources:

- [www.omchantress.com](http://www.omchantress.com) On my personal website, I have more bellydance links and resources.
- [www.kallistitribal.com](http://www.kallistitribal.com) My dance troupe, information about upcoming and past performances.
- [www.fcbd.com](http://www.fcbd.com) Fat Chance Bellydance, the original ATS troupe. Lots of great information here.
- [groups.yahoo.com/group/raqsbaltimore](http://groups.yahoo.com/group/raqsbaltimore) Mailing list for Baltimore bellydancers.
- [www.meetup.com/Baltimore-DC-Bellydance](http://www.meetup.com/Baltimore-DC-Bellydance) Very active calendar for Baltimore & DC area events

## DVDs and Books:

- **FCBD volumes 1, 4, and 7** contain all the basic ATS movements. I also recommend the FCBD 20th Anniversary DVD for the performances and the wonderful commentary.
- **Tribal Vision** by Paulette Reis-Denis. An inspiring memoir about the transformational power of tribal bellydance.