

# General Skills for ATS with Carolena Nericcio

## DAY ONE

Functional Anatomy for Dance

posture

puja

taxeem

reverse taxeem

hand floreo

arm undulations

bodywave

egyptian step

arabic step

pivot bump-choo choo

w/arm 1, w/arm 2

shimmy

formations:

duet, trio, quartet, circle, fade,  
diagonal, chorus

## DAY TWO

zils

flock of birds

torso twist

circle step

turkish shimmy

w/quarter turn + half turn

walking taxeem

walking bodywave

reverse turn

propeller turn

corkscrew turn

turkish shimmy

w/arms and turn

w/arms and circle

reach and sit

arc arms

up2 down3 w/military zil pattern

double bump

single bump

w/half turn

chorus

## DAY THREE

camel walk

ribcage rotation

head slides

belly rolls

flutters

arabic shimmy

arabic 123

waterpot

Music Theory for Tribal Style

arabic hip twist

w/half turn+flourish

arabic orbit

shoulder shimmy-hip drop combo

ghawazee shimmy combo

## DAY FOUR

wrap around turn

barrel turn

sahra turn

laybacks

floorwork

sunanda

re-shamka

reverse shimmy

chico four corners

wet dog

egyptian full turn

double back w/half turn

spins

arabic shimmy

w/arms and turn and fade

w/arms and turn and fade and

circle