TRIBAL ODYSSEY class with Atesh, Pennsic 2018

3 Fast and 3 Slow Combinations (Tuesday, Touch the Earth tent, 1pm).
This handout is just a memory aid - add your own notes! These are 8-count combinations, and can be done in any order, or repeated indefinitely. Since they all begin with the Right hip or stepping on the Right foot, the transitions are easy. See the Youtube link below for practice videos.

3 Fast Combinations

Flat-ball-ball-ball. Keep legs close together, do not step forward. Deep plie on the "flat" step, then 3 steps in releve (left foot is slightly back). Arms sweep down front, then out to overhead. Advanced dancers can add a small torso undulation. Note: can throw lead to the right on count 5.

Windshield Wipers. Keep elbows at a right angle. Simple front-and-back step facing left corner. Arms are lifted up in front with hands up, elbows bent; slight movement side-to-side. Advanced dancers can layer a hip shimmy on this step. Note: the "optional turn" (complete CCW circle on ct. 5 - 8) does not throw the lead.

Hip Twists. Large, flat hip twists. Keep the arms still. Twist Right hip to front on Count 1, right foot is out to front, weight is on the left (unusual for count 1) Arms are in "upside-down" V position. Note: the "optional turn" does not throw the lead.

3 Slow Combinations

Back Undulation. Full body undulation while facing the left front corner. (Keep shoulders relaxed and down) Ribs go back on Count 1, then down. Note the foot position is not side-by-side, but left is slightly ahead so you can change weight while doing the undulation. Left arm is up, right arm down and back.

"Flat" Figure-8. Heels down: Right Hip extends out to front corner on Count 1, and scoops from front corner to back corner. Left hand on hip, Right hand low in front, following the turn of your body. (Your upper body turns from side-to-side while doing this) Note: can be used for traveling forward.

"Rolling" Figure-8. Right hip down on Count 1, then extends out to side, curls up and in. Arms low, out to sides, palms down. (Make sure to stay facing the front during this). Note: can throw lead to right on count 5.

BONUS COMBO because we love the Ghawazee! "Ghawazee Hips". Knees bent, heels down: sway hip right on Count 1, then continue sways from side-to-side. Arms in W position. Advanced dancers can add a hip shimmy on this. Note: can be used for traveling forward, backward, or switching leaders with the "Volleyball Rotation".
LONG LIVE GHAWAZEE!! LiLiLiLiLiLiLiiiiiiii

Contact me on facebook! Happy dancing!
Atesh (Anthea Kawakib) | Facebook.com/TribalOdyssey | TObellydance.com | Youtube.com/DanceEternal