



TRIBAL ODYSSEY class with Atesh, Pennsic 2018

Cued Improv Combos with Finger Cymbals (Tuesday, Touch the Earth).

In TOBD we only use 6 cymbal patterns: Singles, Triples, 2-2-5, 3-3-7, Beledi, and Muted Beledi Accents. Each pattern only goes with two dance combinations, and none other. It makes learning to play finger cymbals pretty easy!

Here's my approach to teaching students to dance and play:

- First students learn the moves, and hear other students playing cymbals while we dance together.
- Then they start wearing cymbals while dancing, but without playing them, to get used to the weight.
- Then they start with the easiest patterns (the Singles or the Muted Beledi Accents)

(Note: H = dominant hand h = non-dominant hand)

SINGLES (on counts 1, 3, 5, 7)

Hip Dip Paddle Turn (hands together, low in front) CCW turn in place, R foot touches F, B, F, B

Big Hip Circle. (Both hand circle high in front): a large, torso bending, 8-ct. hip circle, arms out

TRIPLES (& a 1, & a 2, & a 3..... & a 5, & a 6, & a 7)

Ghawazee Hips. (Arms in "W" pose): Hip sways in place (R L R L R L R L).

Flat-ball-ball-ball (Hands at shoulders, elbows up): small in-place steps, with torso undulation; repeat.

2-2-5 (H h H h HhHhH)

Back Undulation. (Torso turn L, L arm up: 2 B undulations (facing LF: B on R, F on L).

Rolling Hips. (Hand flip out at sides): Vertical hip figure-8s, starting down on the Right; repeat.

3-3-7 (HhH HhH HhHhHhH)

4-Step with Salute (arms up in front, facing Left Front corner) In-place step pattern: R foot steps in Front and Back). Repeat.

Hip Twists (arms form an upside-down V). Larg hip twists to Front: R, L, R, L.

BELEDI RHYTHM (H H HhH H HhH)

Bela Step (Left arm up, R arm extended across front to the left) in-place step pattern: a 4-step followed by a 5-step; repeat on opposite side.

Sharp Hips (Left arm up, R arm extended to front) in-place: Step-hip lift; Step-hip lift; Step-hip drop drop drop. Repeat to opposite side.

MUTED BELEDI ACCENTS (fingers stay on cymbals: hit on counts 1+, 3)

Reverse Flat 8. (R arm low F, L on hip): (large hip scoops from front to back, on R, L, R, L.

Small Hip Circle/Flat 8. Hands to F, flip & out: 4-ct. hip circle; flat 8 (R L), arms down at sides.

My YouTube channel has free follow-along videos for practice - check it out!

Contact me on facebook! Happy dancing!

Atesh (Anthea Kawakib) | Facebook.com/TribalOdyssey | TObellydance.com | Youtube.com/DanceEternal