

American Tribal Style®

January 2012

Lvl 3

Lvl 2

Lvl 1

FAST STEPS

ARABIC

Arabic Basic
Arabic Hip Twist
Arabic Hip Twist with Half Turn
Arabic 1-2-3
Arabic Shimmy
Arabic Shimmy with Arms and Turn (ASWAT)
ASWAT Fade
ASWAT Circle
Arabic Orbit
Arabic Hip Twist Flourish

EGYPTIAN

Egyptian Basic
Egyptian Half-Turn
Egyptian Full-Turn

PIVOT BUMP

Pivot Bump
Choo-Choo
Double Bump (Choo-Choo Doubles)
Single Bump (Choo-Choo Singles)
Single Bump Half-Turn
Pivot Bump Arc (Choo-Choo Arc)
Reach and Sit
Up2Down3
Resham-ka
Chico Four Corners
Double Back
Double Back with Half Turn

SHIMMIES

Shimmy
Turkish Shimmy
Turkish Shimmy with Quarter Turns
Turkish Shimmy with Half Turns
Shoulder Shimmy
Shoulder Shimmy Hip Drop Combo
Ghawazee Shimmy Combo
Turkish Shimmy with Arms and Turn (TSWAT)
TSWAT in Circle
Reverse Shimmy
Sunanda
Wet Dog!

OTHERS

Calibrated Spins
Partner Spins
Water Pot

SLOW MOVES

TURNS

Corkscrew Turn
Propeller Turn
Reverse Turn
Barrel Turn
Sahra Turn
Wrap-Around Turn

UNDULATIONS

Arm Undulations
Bodywave
Deep Bodywave
Walking Bodywave
Belly Roll
Layback

ROTATIONS

Hand Floreo
Circle Step
Ribcage Rotation
Torso Twist

FIGURE EIGHTS

Taxeem
Reverse Taxeem
Walking Taxeem

OTHERS

Camelwalk
Head Slides
Flutter

Please note this breakdown is just one way of looking at the ATS® vocabulary.

This list includes movements from Tribal Basics DVDs Vols. 1, 4 and 7 by [FatChanceBellyDance®](#)