

**Level 1 syllabus
Wild Sky Studio
8 week course**

**Level 1 is designed for folks who have completed at least 4
Introduction to ATS
classes, or have sufficient Belly dance experience.**

Week 1. Posture, Gratitude, Shimmy, Arabic, Formations: Duets

Week 2. Arm Undulations, Taxeem, Formations: trios, fades

Week 3. Egyptian Basic, Hip bump with arms 1 and 2, Formations: Quartet, fades

Week 4. Zills, Zills and drills, chorus

Week 5. Body wave, pulse turn, Dance it! Drills

Week 6. Circle Step, Dance it! Drills

Week 7. Reach and Sit, double bump, Single bump, Dance it drills!

Week 8. Torso Twist, Dance it drills

Week 9. Zills review, Formations review Dance it! Drills

Week 10. Box step and Shimmy drills

Week 11. Propeller turn, Cork screw turn, Dance it drills!

Week 12. You make the review! Your chance to ask Heidi to go over anything you may need to see demonstrated again.