



# Tribal ATS<sup>®</sup>

Mouvements et vidéos pour danseuse tribale heureuse !

Movements & videos for happy tribal dancer!

Afin de vous aider à identifier les mouvements ATS<sup>®</sup> du format FCBD<sup>®</sup>, cette liste est illustrée de vidéos sélectionnées sur YouTube. Du fait du caractère improvisé de l'ATS<sup>®</sup>, les mouvements ne sont pas toujours exécutés parfaitement : une danseuse peut mal interpréter une clé, rater le début d'un mouvement, etc. Par ailleurs, des petites variations sont possibles entre des vidéos d'époques différentes, ou entre des troupes ATS<sup>®</sup> différentes. Bien que le vocabulaire soit défini de manière très précise, l'ATS<sup>®</sup> est une danse en évolution constante !

In order to help you identify the different ATS moves of the FCBD<sup>®</sup> format, this list is illustrated by a selection of Youtube videos. Because ATS is an improvisational dance, the moves aren't always perfectly done: a dancer can misunderstand a cue, miss the first step of a move, and so on. Moreover, there may be some minor variations between videos of different eras, or of different ATS troupes. Even though the vocabulary is very precisely defined, ATS is a living dance, continuously evolving!



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Web : [www.etoiledessables.com](http://www.etoiledessables.com)

[www.urban-shamans.com](http://www.urban-shamans.com)

[www.bellyfusions.com](http://www.bellyfusions.com)

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Cours/Classes, stages/Workshops & Show en Tribal ATS<sup>®</sup> et Tribal-Fusion - [www.etoiledessables.com/tribal.htm](http://www.etoiledessables.com/tribal.htm)



# FAST MOVES

## ARABIC

Arabic Basic	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - 3'15
Arabic Hip Twist	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 3'55
Arabic Hip Twist Half Turn	<a href="http://www.youtube.com/watch?v=BIWbCV2tgZU">www.youtube.com/watch?v=BIWbCV2tgZU</a> - 3'30
Arabic Hip Twist Flourish (AHTF)	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 4'00
AHTF Fade	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 2'29
AHTF Circle	<a href="http://www.youtube.com/watch?v=ZhJvBrsuw_w">www.youtube.com/watch?v=ZhJvBrsuw_w</a> - 2'35
Arabic 1-2-3	<a href="http://www.youtube.com/watch?v=Y_DXcW3H7Gk">www.youtube.com/watch?v=Y_DXcW3H7Gk</a> - 2'37
Arabic Shimmy	<a href="http://www.youtube.com/watch?v=v34V0w7snwl">www.youtube.com/watch?v=v34V0w7snwl</a> - 1'07
Arabic Shimmy with Arms and Turn (ASWAT)	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 2'50, 3'15
ASWAT Fade	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - 0'10
ASWAT Circle	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - 1'57
ASWAT Duet Combo	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - 0'39
Arabic Orbit	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - 2'04
Arabic Double Turn	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - 1'34
Alabama Twister	<a href="http://www.youtube.com/watch?v=ov3mNYtmhVA">www.youtube.com/watch?v=ov3mNYtmhVA</a> - 0'22
Dragonfly (+ Fade)	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - 1'10
Arabic Do-Si-Do	<a href="http://www.youtube.com/watch?v=LuLMBKucJwo">www.youtube.com/watch?v=LuLMBKucJwo</a> - 1'59
	<a href="http://www.youtube.com/watch?v=qtAkbm547W4">www.youtube.com/watch?v=qtAkbm547W4</a> - 2'14
	<a href="http://www.youtube.com/watch?v=UtrP3fmJvQ">www.youtube.com/watch?v=UtrP3fmJvQ</a> - 4'53
	<a href="http://www.youtube.com/watch?v=0JKMkCVhTmw">www.youtube.com/watch?v=0JKMkCVhTmw</a> - 1'40

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## EGYPTIAN

Egyptian Basic	<a href="http://www.youtube.com/watch?v=OeQ3kOtmlTc">www.youtube.com/watch?v=OeQ3kOtmlTc</a> - 2'53
Egyptian Half-Turn	<a href="http://www.youtube.com/watch?v=OeQ3kOtmlTc">www.youtube.com/watch?v=OeQ3kOtmlTc</a> - 2'57
Egyptian Full-Turn	<a href="http://www.youtube.com/watch?v=OeQ3kOtmlTc">www.youtube.com/watch?v=OeQ3kOtmlTc</a> - 3'04
The Triple Egyptian	<a href="http://www.youtube.com/watch?v=qMaXbxA2BS4">www.youtube.com/watch?v=qMaXbxA2BS4</a> - 2'14
	<a href="http://www.youtube.com/watch?v=TLYsErMpc30">www.youtube.com/watch?v=TLYsErMpc30</a> - 0'10

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## PIVOT BUMP

Pivot Bump	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 1'30, 8'32
Choo-Choo	<a href="http://www.youtube.com/watch?v=OeQ3kOtmlTc">www.youtube.com/watch?v=OeQ3kOtmlTc</a> - 2'34
Pivot Bump Arc (Choo-Choo Arc / Arc Arms)	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 1'37, 3'06
Choo-Choo Arc Arm Combo	<a href="http://www.youtube.com/watch?v=4yPxWTm6IH8">www.youtube.com/watch?v=4yPxWTm6IH8</a> - 2'28
Double Bump (Choo-Choo Doubles)	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 2'22
Single Bump (Choo-Choo Singles)	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 2'30
Single Bump Half-Turn	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 2'38
Resham-Ka	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 3'37
Resham-ka Spin	<a href="http://www.youtube.com/watch?v=4yw5R10x_-Q">www.youtube.com/watch?v=4yw5R10x_-Q</a> - 1'38
Reach and Sit	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 2'59
Up2 Down3	<a href="http://www.youtube.com/watch?v=hoTM5KEUySs">www.youtube.com/watch?v=hoTM5KEUySs</a> - 10'02



Chico Four Corners	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - <b>2'25</b>
	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - <b>0'17</b>
Chico Circle Up Combo	<a href="http://www.youtube.com/watch?v=qtAkbm547W4">www.youtube.com/watch?v=qtAkbm547W4</a> - <b>2'34</b>
The Roundhouse	<a href="http://www.youtube.com/watch?v=Eore-cmDevs">www.youtube.com/watch?v=Eore-cmDevs</a> - <b>3'41</b>
Double Back	<a href="http://www.youtube.com/watch?v=4yw5R10x_-Q">www.youtube.com/watch?v=4yw5R10x_-Q</a> - <b>8'01</b>
Double Back Half Turn	<a href="http://www.youtube.com/watch?v=4yw5R10x_-Q">www.youtube.com/watch?v=4yw5R10x_-Q</a> - <b>8'08</b>
Box Step	<a href="http://www.youtube.com/watch?v=1z3nmt04_eM">www.youtube.com/watch?v=1z3nmt04_eM</a> - <b>4'40</b>
	<a href="http://www.youtube.com/watch?v=qMaXbxA2BS4">www.youtube.com/watch?v=qMaXbxA2BS4</a> - <b>1'28</b>
Triangle Step	<a href="http://www.youtube.com/watch?v=ZXJyS6IPkmo">www.youtube.com/watch?v=ZXJyS6IPkmo</a> - <b>0'35</b>
	<a href="http://www.youtube.com/watch?v=qMaXbxA2BS4">www.youtube.com/watch?v=qMaXbxA2BS4</a> - <b>2'10</b>
Push Forward & Back	<a href="http://www.youtube.com/watch?v=ZXJyS6IPkmo">www.youtube.com/watch?v=ZXJyS6IPkmo</a> - <b>1'00, 1'34, 2'16, 2'49</b>
	<a href="http://www.youtube.com/watch?v=mfR_-53Jffw">www.youtube.com/watch?v=mfR_-53Jffw</a> - <b>0'14</b>

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### SHIMMIES

Shimmy Step (Basic Shimmy)	<a href="http://www.youtube.com/watch?v=iNB-ej6qOHE">www.youtube.com/watch?v=iNB-ej6qOHE</a> - <b>1'13</b>
Turkish Shimmy	<a href="http://www.youtube.com/watch?v=OeQ3kOtmITc">www.youtube.com/watch?v=OeQ3kOtmITc</a> - <b>0'47</b>
Turkish Shimmy Quarter turn	<a href="http://www.youtube.com/watch?v=iNB-ej6qOHE">www.youtube.com/watch?v=iNB-ej6qOHE</a> - <b>1'19</b>
Turkish Shimmy Quarter turn Fade	<a href="http://www.youtube.com/watch?v=iNB-ej6qOHE">www.youtube.com/watch?v=iNB-ej6qOHE</a> - <b>1'26</b>
Turkish Shimmy Half turn	<a href="http://www.youtube.com/watch?v=Sa6mUMd_62o">www.youtube.com/watch?v=Sa6mUMd_62o</a> - <b>4'06</b>
Turkish Shimmy Cross-over	<a href="http://www.youtube.com/watch?v=nXyXxeEB0Zs">www.youtube.com/watch?v=nXyXxeEB0Zs</a> - <b>0'10</b>
Turkish Shimmy with Arms and Turn (TSWAT)	<a href="http://www.youtube.com/watch?v=OeQ3kOtmITc">www.youtube.com/watch?v=OeQ3kOtmITc</a> - <b>0'52</b>
TSWAT in Circle	<a href="http://www.youtube.com/watch?v=OeQ3kOtmITc">www.youtube.com/watch?v=OeQ3kOtmITc</a> - <b>1'02</b>
Reverse Shimmy	<a href="http://www.youtube.com/watch?v=WQk7oeTCD2I">www.youtube.com/watch?v=WQk7oeTCD2I</a> - <b>0'54</b>
Shoulder Shimmy hip drop	<a href="http://www.youtube.com/watch?v=OeQ3kOtmITc">www.youtube.com/watch?v=OeQ3kOtmITc</a> - <b>2'19</b>
	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - <b>4'07</b>
Ghawazee Shimmy Combo	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - <b>2'48</b>
Sunanda	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - <b>3'22</b>
Sunanda Duet Combo	<a href="http://www.youtube.com/watch?v=qtAkbm547W4">www.youtube.com/watch?v=qtAkbm547W4</a> - <b>1'24</b>
Wet Dog!	<a href="http://www.youtube.com/watch?v=f8Gg1TUGebo">www.youtube.com/watch?v=f8Gg1TUGebo</a> - <b>0'50</b>

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### SPINS

Spins	<a href="http://www.youtube.com/watch?v=OeQ3kOtmITc">www.youtube.com/watch?v=OeQ3kOtmITc</a> - <b>3'19</b>
Partner spins	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - <b>4'37</b>
Water Pot	<a href="http://www.youtube.com/watch?v=kx0UymsMRms">www.youtube.com/watch?v=kx0UymsMRms</a> - <b>3'15</b>





# SLOW MOVES

## URNS

Barrel Turn	<a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - 0'33
Corkscrew Turn	<a href="http://www.youtube.com/watch?v=MAx_gmVlfuU">www.youtube.com/watch?v=MAx_gmVlfuU</a> - 0'31
Propellor Turn	<a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - 0'43
Reverse Turn	<a href="http://www.youtube.com/watch?v=lezoTI31DIs">www.youtube.com/watch?v=lezoTI31DIs</a> - 0'53
	<a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - 1'25
Sahra Turn	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 6'46
Wrap-Around Turn	<a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - 1'04
Wrap Around Drop	<a href="http://www.youtube.com/watch?v=serKIFMp4YI">www.youtube.com/watch?v=serKIFMp4YI</a> - 1'30
Pulse Turn	<a href="http://www.youtube.com/watch?v=4zfb-8qHEX4">www.youtube.com/watch?v=4zfb-8qHEX4</a> - 4'52, 5'26, 5'56, 6'09, 6'15
	<a href="http://www.youtube.com/watch?v=IxYxU-XhW0w">www.youtube.com/watch?v=IxYxU-XhW0w</a> - 3'13

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## UNDULATIONS

Arm Undulation	<a href="http://www.youtube.com/watch?v=eyNcSekle-0">www.youtube.com/watch?v=eyNcSekle-0</a> - 0'17
(Hand) Floreo	<a href="http://www.youtube.com/watch?v=agONBGm7Luk">www.youtube.com/watch?v=agONBGm7Luk</a> - 7'50
Belly Roll	<a href="http://www.youtube.com/watch?v=eyNcSekle-0">www.youtube.com/watch?v=eyNcSekle-0</a> - 1'00
Bodywave	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 6'02
Deep Bodywave	<a href="http://www.youtube.com/watch?v=tgKAVdS-uH0">www.youtube.com/watch?v=tgKAVdS-uH0</a> - 0'22
Layback	<a href="http://www.youtube.com/watch?v=W7yHHfHdzrc">www.youtube.com/watch?v=W7yHHfHdzrc</a> - 2'02
	<a href="http://www.youtube.com/watch?v=p2DalZdDDL8">www.youtube.com/watch?v=p2DalZdDDL8</a> - 1'00
Walking Bodywave	<a href="http://www.youtube.com/watch?v=MAx_gmVlfuU">www.youtube.com/watch?v=MAx_gmVlfuU</a> - 0'44

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## ROTATIONS

Circle Step	<a href="http://www.youtube.com/watch?v=BYF5iyI76KM">www.youtube.com/watch?v=BYF5iyI76KM</a> - 3'48
	<a href="http://www.youtube.com/watch?v=mXeZ1mQN7vQ">www.youtube.com/watch?v=mXeZ1mQN7vQ</a> - 0'19
Ribcage Rotation	<a href="http://www.youtube.com/watch?v=aEzgJMKH2hc">www.youtube.com/watch?v=aEzgJMKH2hc</a> - 6'21
Torso Rotation	<a href="http://www.youtube.com/watch?v=fQ3YOPot7Yo">www.youtube.com/watch?v=fQ3YOPot7Yo</a> - 4'55
Torso Twist	<a href="http://www.youtube.com/watch?v=lBg8VTcC8nY">www.youtube.com/watch?v=lBg8VTcC8nY</a> - 4'17

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## FIGURE EIGHTS

Taxeem	<a href="http://www.youtube.com/watch?v=bu98enjBqeU">www.youtube.com/watch?v=bu98enjBqeU</a> - 0'02
Reverse Taxeem (Maya)	<a href="http://www.youtube.com/watch?v=BYF5iyI76KM">www.youtube.com/watch?v=BYF5iyI76KM</a> - 0'16
Walking Taxeem	<a href="http://www.youtube.com/watch?v=bu98enjBqeU">www.youtube.com/watch?v=bu98enjBqeU</a> - 0'02

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## OTHERS

Posture	<a href="http://www.youtube.com/watch?v=rJa6IFkRDW0">www.youtube.com/watch?v=rJa6IFkRDW0</a> - 1'35
Prayer (Puja)	<a href="http://www.youtube.com/watch?v=rJa6IFkRDW0">www.youtube.com/watch?v=rJa6IFkRDW0</a> - 1'35
Camelwalk	<a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - 0'23
Loco Camel	<a href="http://www.youtube.com/watch?v=jrnG6nJhKCC&amp;NR=1">www.youtube.com/watch?v=jrnG6nJhKCC&amp;NR=1</a> - 0'36

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Flutter	<a href="http://www.youtube.com/watch?v=4zfb-8qHEX4">www.youtube.com/watch?v=4zfb-8qHEX4</a> - <b>6'47, 7'08</b>
Levels	<a href="http://www.youtube.com/watch?v=eyNcSekle-0">www.youtube.com/watch?v=eyNcSekle-0</a> - <b>1'25</b>
	Fast : <a href="http://www.youtube.com/watch?v=eHa57t9yZAw">www.youtube.com/watch?v=eHa57t9yZAw</a> - <b>3'25</b>
	Slow : <a href="http://www.youtube.com/watch?v=aEzgjMKH2hc">www.youtube.com/watch?v=aEzgjMKH2hc</a> - <b>6'07</b>
Level Drop	<a href="http://www.youtube.com/watch?v=tgKAVdS-uH0">www.youtube.com/watch?v=tgKAVdS-uH0</a> - <b>4'32</b>
Head Slides	<a href="http://www.youtube.com/watch?v=eyNcSekle-0">www.youtube.com/watch?v=eyNcSekle-0</a> - <b>0'12</b>
The Rainbow	<a href="http://www.youtube.com/watch?v=4yw5R10x_-Q">www.youtube.com/watch?v=4yw5R10x_-Q</a> - <b>3'15</b>
Medusa Combo (ATS <sup>®</sup> style)	<a href="http://www.youtube.com/watch?v=jrnG6nJhKCC&amp;NR=1">www.youtube.com/watch?v=jrnG6nJhKCC&amp;NR=1</a> - <b>0'22</b>
Medusa Combo (Indian style)	<a href="http://www.youtube.com/watch?v=W8_dSdQv7K4">www.youtube.com/watch?v=W8_dSdQv7K4</a> - <b>2'00</b>
The Strong Arm	# 1 : <a href="http://www.youtube.com/watch?v=n9Dnso3QB9I">www.youtube.com/watch?v=n9Dnso3QB9I</a> - <b>2'23</b>
	# 2 : <a href="http://www.youtube.com/watch?v=UtrP3fmJjvQ">www.youtube.com/watch?v=UtrP3fmJjvQ</a> - <b>7'04</b>
	# 3 : <a href="http://www.youtube.com/watch?v=UtrP3fmJjvQ">www.youtube.com/watch?v=UtrP3fmJjvQ</a> - <b>1'35, 7'18</b>

### **FLOOR**

Simple Drop to the knees	<a href="http://www.youtube.com/watch?v=bu98enjBqeU">www.youtube.com/watch?v=bu98enjBqeU</a> - <b>0'39</b>
The Berber Walk	<a href="http://www.youtube.com/watch?v=vG8EqEH3tYg">www.youtube.com/watch?v=vG8EqEH3tYg</a> - <b>1'53</b>
Mermaid Turn	<a href="http://www.youtube.com/watch?v=vG8EqEH3tYg">www.youtube.com/watch?v=vG8EqEH3tYg</a> - <b>1'58</b>
The "Zipper"	<a href="http://www.youtube.com/watch?v=bu98enjBqeU">www.youtube.com/watch?v=bu98enjBqeU</a> - <b>0'58, 1'58</b>
The "Zipper" (variation "The Petal")	<a href="http://www.youtube.com/watch?v=bu98enjBqeU">www.youtube.com/watch?v=bu98enjBqeU</a> - <b>1'07, 2'03</b>
The Standing Drop	<a href="http://www.youtube.com/watch?v=ljrgiwAJclK">http://www.youtube.com/watch?v=ljrgiwAJclK</a> - <b>2'53</b>

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