



Tribal ATS[®]

Mouvements et vidéos pour danseuse tribale heureuse !

Movements & videos for happy tribal dancer!

Afin de vous aider à identifier les mouvements ATS[®] du format FCBD[®], cette liste est illustrée de vidéos sélectionnées sur YouTube. Du fait du caractère improvisé de l'ATS[®], 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[®] différentes. Bien que le vocabulaire soit défini de manière très précise, l'ATS[®] est une danse en évolution constante !

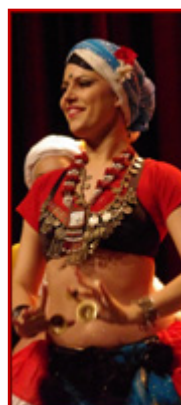
In order to help you identify the different ATS moves of the FCBD[®] format, this list is illustrated by a selection of Youtube videos. Because ATS is an improvisational dance, the moves aren't always perfectly done: a dancer can misunderstand a cue, miss the first step of a move, and so on. Moreover, 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!



Marwen, passionnée de danse tribale ATS[®], élève de Julie et membre de l'association Parfum tribal Parfum ghawazi.

Marwen, in love with ATS[®] dance, Julie's student and member of the company Parfum tribal Parfum ghawazi.

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FAST MOVES

ARABIC

Arabic Basic	www.youtube.com/watch?v=lezoTI31DIs - 3'15
Arabic Hip Twist	www.youtube.com/watch?v=fQ3YOPot7Yo - 3'55
	www.youtube.com/watch?v=BIWbCV2tgZU - 3'30
Arabic Hip Twist Half Turn	www.youtube.com/watch?v=fQ3YOPot7Yo - 4'00
Arabic Hip Twist Flourish (AHTF)	www.youtube.com/watch?v=Y_DXcW3H7Gk - 0'55
AHTF Fade	www.youtube.com/watch?v=ZhJvBrsuw_w - 2'35
AHTF Circle	www.youtube.com/watch?v=Y_DXcW3H7Gk - 2'37
	www.youtube.com/watch?v=v34V0w7snwl - 1'07
Arabic 1-2-3	www.youtube.com/watch?v=aEzgJMKH2hc - 2'50, 3'15
Arabic Shimmy	www.youtube.com/watch?v=WQk7oeTCD2I - 0'10
Arabic Shimmy with Arms and Turn (ASWAT)	www.youtube.com/watch?v=lezoTI31DIs - 1'57
	www.youtube.com/watch?v=WQk7oeTCD2I - 0'39
ASWAT Fade	www.youtube.com/watch?v=lezoTI31DIs - 2'04
ASWAT Circle	www.youtube.com/watch?v=WQk7oeTCD2I - 1'34
Arabic Orbit	www.youtube.com/watch?v=WQk7oeTCD2I - 1'10
Arabic Double Turn	www.youtube.com/watch?v=LuLMBKucJwo - 1'59

EGYPTIAN

Egyptian Basic	www.youtube.com/watch?v=OeQ3kOtmlTc - 2'53
Egyptian Half-Turn	www.youtube.com/watch?v=OeQ3kOtmlTc - 2'57
Egyptian Full-Turn	www.youtube.com/watch?v=OeQ3kOtmlTc - 3'04
Egyptian Sevilliana	www.youtube.com/watch?v=ZXJyS6lPkmo - 0,27, 1'51, 2'24
	www.youtube.com/watch?v=qMaXbxA2BS4 - 2'14

PIVOT BUMP

Pivot Bump	www.youtube.com/watch?v=aEzgJMKH2hc - 1'30, 8'32
Choo-Choo	www.youtube.com/watch?v=OeQ3kOtmlTc - 2'34
Pivot Bump Arc (Choo-Choo Arc / Arc Arms)	www.youtube.com/watch?v=aEzgJMKH2hc - 1'37, 3'06
Double Bump (Choo-Choo Doubles)	www.youtube.com/watch?v=fQ3YOPot7Yo - 2'22
Single Bump (Choo-Choo Singles)	www.youtube.com/watch?v=fQ3YOPot7Yo - 2'30
Single Bump Half-Turn	www.youtube.com/watch?v=fQ3YOPot7Yo - 2'38
Resham-Ka	www.youtube.com/watch?v=fQ3YOPot7Yo - 3'37
Reach and Sit	www.youtube.com/watch?v=aEzgJMKH2hc - 2'59
Up2 Down3	www.youtube.com/watch?v=hoTM5KEUySs - 10'02
Chico Four Corners	www.youtube.com/watch?v=lezoTI31DIs - 2'25
	www.youtube.com/watch?v=WQk7oeTCD2I - 0'17
Double Back	www.youtube.com/watch?v=4yw5R10x_-Q - 8'01
Double Back Half Turn	www.youtube.com/watch?v=4yw5R10x_-Q - 8'08
Box Step	www.youtube.com/watch?v=1z3nmto4_eM - 4'40
	www.youtube.com/watch?v=qMaXbxA2BS4 - 1'28



Triangle Step

www.youtube.com/watch?v=ZXJyS6lPkmo - **0'35**

www.youtube.com/watch?v=qMaXbxA2BS4 - **2'10**

Push Forward & Back

www.youtube.com/watch?v=ZXJyS6lPkmo - **1'00, 1'34, 2'16, 2'49**

www.youtube.com/watch?v=mfR_-53Jffw - **0'14**

SHIMMIES

Shimmy Step (Basic Shimmy)

www.youtube.com/watch?v=iNB-ej6qOHE - **1'13**

Turkish Shimmy

www.youtube.com/watch?v=OeQ3kOtmITc - **0'47**

Turkish Shimmy Quarter turn

www.youtube.com/watch?v=iNB-ej6qOHE - **1'19**

Turkish Shimmy Half turn

www.youtube.com/watch?v=Sa6mUMd_62o - **4'06**

Turkish Shimmy with Arms and Turn (TSWAT)

www.youtube.com/watch?v=OeQ3kOtmITc - **0'52**

TSWAT in Circle

www.youtube.com/watch?v=OeQ3kOtmITc - **1'02**

Reverse Shimmy

www.youtube.com/watch?v=WQk7oeTCD2I - **0'54**

Shoulder Shimmy hip drop

www.youtube.com/watch?v=OeQ3kOtmITc - **2'19**

www.youtube.com/watch?v=aEzJMKH2hc - **4'07**

Ghawazee Shimmy Combo

www.youtube.com/watch?v=IezoTI31DIs - **2'48**

Sunanda

www.youtube.com/watch?v=fQ3YOPot7Yo - **3'22**

Wet Dog!

www.youtube.com/watch?v=f8Gg1TUGebo - **0'50**

SPINS

Spins

www.youtube.com/watch?v=OeQ3kOtmITc - **3'19**

Partner spins

www.youtube.com/watch?v=nZDZsnYs09g - **3'11**

Water Pot

www.youtube.com/watch?v=kx0UymsMRms - **3'15**





SLOW MOVES

URNS

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

UNDULATIONS

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

ROTATIONS

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

FIGURE EIGHTS

Taxeem	www.youtube.com/watch?v=bu98enjBqeU - 0'02
Reverse Taxeem (Maya)	www.youtube.com/watch?v=BYF5iyI76KM - 0'16
Walking Taxeem	www.youtube.com/watch?v=bu98enjBqeU - 0'02

OTHERS

Posture	www.youtube.com/watch?v=rJa6IFkRDW0 - 1'35
Prayer (Puja)	www.youtube.com/watch?v=rJa6IFkRDW0 - 1'35
Camelwalk	www.youtube.com/watch?v=eHa57t9yZAw - 0'23
Loco Camel	www.youtube.com/watch?v=jrnG6nJhKcC&NR=1 - 0'36
	www.youtube.com/watch?v=4zfb-8qHEX4 - 6'47, 7'08



Flutter	www.youtube.com/watch?v=eyNcSekle-0 - 1'25
Levels	Fast : www.youtube.com/watch?v=eHa57t9yZAw - 3'25 Slow : www.youtube.com/watch?v=fQ3YOPot7Yo - 4'42 www.youtube.com/watch?v=aEzgJMKH2hc - 6'07 www.youtube.com/watch?v=tgKAVdS-uH0 - 4'32
Head Slides	www.youtube.com/watch?v=eyNcSekle-0 - 0'12
The Rainbow	www.youtube.com/watch?v=4yw5R10x_-Q - 3'15
Medusa Combo (ATS® style)	www.youtube.com/watch?v=jrnG6nJhKCC&NR=1 - 0'22
Medusa Combo (Indian style)	www.youtube.com/watch?v=W8_dSdQv7K4 - 2'00

FLOOR

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

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