

SOFIA TRIBAL - Dance Fundamentals (Level 1) - 6 week session

Class registration is now open! Pay by PayPal or fill out the registration form at the end of this document and pay by check.

Classes are held at Sofia Spirit Studio - 2131 Fenwick Ave, Eau Claire.

75 minute class

6 week punch card - \$60.00

Drop-in, all levels - \$15 per class

Class Schedule:

Tuesdays 5:45 - 7:00 pm

Learn to dance by drilling the basics in fun combinations. Using both slow movements and fast steps we'll get you dancing in your first class! All basic movements and group formations in a six-week cycle including posture and body awareness, zils and music. You are welcome to drop-in on this class after the course has started as we have plenty of review built into each class..

*Best class for beginners.

**Corresponds with FCBD Tribal Basics Vol.1 Fundamentals of Dance video workshop For sale at the Sofia Spirit studio for \$35*

Dress for dance classes: Full skirt or loose pants, hip scarf, short top or leotard (just wear something comfortable). Bare feet or dance shoes only in dance studio. You will need a pair of zils for week three (finger cymbals). You can purchase at the studio or bring your own.

Students can expect to complete at least two - three rotations of level 1 before moving on to the next level unless assessed by instructor for early advancement.

Level 1 - Dance Fundamentals Class Format

Week One

Posture

Prayer

Taxeem

Hand Floreo

4 Basic Steps (Shimmy, Egyptian, Arabic, Pivot/Choo-choo) with simple cues and transitions.

Week Two

Arm Undulations

Egyptian Step

Formations for Leading and Following

You will need your own zils (finger cymbals) for Week Three*

Week Three

Zils

Review formations with all steps

Week Four

Bodywave

Arabic Step

Review formations with all steps

Week Five

Torso Twist

Pivot Bump/Choo Choo w/arm 1 and arm 2

Review formations with all steps

Week Six

Circle Step

Shimmy Step

Review formations with all steps

Dance Fundamentals (Level 1) - 6 weeks Registration Form

Name: _____

Address: _____

Phone: _____

E-mail: _____

Select your preferred class in Eau Claire

____ Tuesday 5:45 - 7:00 pm

How did you hear about our classes? Please check below.

____ Volume One ____ Queen of the Castle ____ Second Opinion
____ Chippewa Herald ____ The Trading Post ____ Other, please describe
____ Leader Telegram ____ A Friend _____

Enclose a check or money order for \$60 and mail to:

Sofia Spirit, LLC
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www.sofiatribal.com

