

CUES & TATTOOS WORKSHOPS: AT A GLANCE

grey indicates class is SOLD OUT

FRIDAY APRIL 3

2pm- 3:45pm **Frederique: Urban Tribal**
4pm-5:45pm **Illusions by Melanie-Theater Makeup**

SATURDAY APRIL 4

10am-11:45am **Unmata: Rocking The Tribal Boat**
10am-11:45am **Megha Gavin: Powerful Presence**
10am-11:45am **Read My Hips: Floorwork**

12pm-1:45pm **Carolena Nerricio: Shimmies!**
12pm-1:45pm **Troupe Hipnotica: Slow down, Whirl and Isolate**
12pm-1:45pm **Janice Solimeno: Improv Theory**

2pm-3:45pm **Frederique: Cues & Transitions 101**
2pm-3:45pm **Sabine: Dangerous Sword Improv**
2pm-3:45pm **Keli Helzerman: Tribal Hair on and off stage**

SUNDAY APRIL 5

10am-11:45am **Carolena Nerricio: The Trick To Spins and Turns**
10am-11:45am **Read My Hips: New Moves & Combos**
10am-11:45am **Janice Solimeno: Tunisian Basics and Modernization**

12pm-1:45pm **Unmata: Unmata 110%**
12pm-1:45pm **Megha Gavin: Improv Choreography**
12pm-1:45pm **Troupe Hipnotica: Livin' Large**

2pm-3:45pm **Carolena Nerricio and Megha Gavin: ATS sets**
2pm-3:45pm **Gypsy Fire Bellydance: Thrilling Zills**
2pm-3:45pm **inFusion Tribal Bellydance: inFusing TribalCombos**

GUES & TATTOOS 2010

WORKSHOP SCHEDULE & DESCRIPTIONS

All workshops located at Theater Puget Sound (4th Floor, Seattle Center House)

For directions, visit seattlecenter.com/transportation/

SATURDAY MARCH 27

Time	Room	Capacity	Teacher/Class
9:00am-10:45am	Room B	25	Gypsy Caravan - Shimmy Queen Define your hips with variations on the shimmy, and include other hip movements combined with drilling. Fun and invigorating.
9:00am-10:45am	Room C	30	TribalTique - Shaken and Stirred Improv! Take the rules and bend 'em a little! This workshop blends the fundamentals of ATS and TribalTique's Signature Style with a little twist and shake. We'll explore cue-able fusion styled movement with slow, fast, and medium tempos, varying zil patterns, and maybe even a little left leg/hip action!
9:00am-10:45am	Room G	35	Rina Orellana Rall - Flamenco for Belly Dancers I: Upper Body Styling, Arms & Turns Learn the powerful upper body technique of Flamenco along with various turns used in the dance form. Rina will lead you through a rigorous class focusing on control of the core muscles in order to execute proper Flamenco technique. The class will end with the opportunity to adapt the moves to belly dance.
11:15am-1:00pm	Room B	25	Tayissa Blue - Modern Fusions 101 Love classic Tribal bellydance, but looking for combos that fit into more modern music and styling? Then this is the class for you. We will walk through several fun and contemporary combinations that easily cue into the Tribal Improv format. Combos will include some slow and slinky, pops and locks, and saucy vaudeville.
11:15am-1:00pm	Room C	30	Gypsy Caravan- Tribal Grooves/ Tribal Styling Tribal with attitude. Add spice to your dance steps—the trancey-ness of North African grooves, the prayerfulness of Indian mudras using hands and poses, the spiciness of Spanish influences using your big skirt with some added sass. We will learn some moves and combos, and then work with a partner or two, changing formations. This is for intermediate level dancers please.
11:15am-1:00pm	Room G	35	FCBD/Megha - Beyond Basics: Floorwork For advanced students; the anatomy of floorwork, technique and application. Kneepads recommended. *Dancers should know the basics of Taxeem, Bodywave, Hand Floreo and Arm Undulations.
11:30am-12:30pm	Pavillion (vending area)		George Sadak - Fundamentals of Arabic Rhythms and the Egyptian tabla. For musicians, dancers, and belly dance music fans George Sadak will teach the structure on which modern Arabic Music is based upon and how to play it on the Egyptian tabla and other percussion instruments. Everything you need to know to understand and differentiate between the different rhythms. George will also cover the dancer drummer communications as well as the role of the different percussionists in the common middle eastern rhythm section including the tar, mazhar, doholla and zills.
2:00pm-3:45pm	Room B	25	Urban Gypsy - Ghawazee Influenced Improvisational Tribal Style (ITS) Vocabulary Take the dance back to its roots! Inspired by the folk dances of Upper Egypt, Urban Gypsy brings you a "brand new" (but really old!) vocabulary of sassy and earthy movement combinations from their time spent with the Ghawazee and folk dancers in Cairo. Hearken back to the days of dancing in the desert with Urban Gypsy. Don't forget your zills!
2:00pm-3:45pm	Room C	30	Medea - Funk Fusion Belly Dance Jump down the rabbit hole with Medea in this 'Fusion Belly Dance' workshop. She will share the foundations of her favorite moves; like 'The Gangsta Lean', 'The Accordion', and 'The Wave', play with hip-hop bits like; popping, locking and ticking, and explore concepts like; personal stylization, musicality in dance and increasing intuition. The main focus of the workshop is to challenge and inspire you to think outside the belly dance box and discover your own groove. The class will begin with some stretching and a brief warm-up, go into some of Medea's favorite drills and exercises, and then you will weave together combos and small bits of improv choreography.
2:00pm-3:45pm	Room G	35	Unmata - Well...We Think It's Slow Welcome to the softer side of UNMATA. We're switching the elixir from jet fuel to chamomile tea, and taking sometime to smell the roses. This workshop features a selection of UNMATA's rarely seen slow repertoire, vinyasa inspired warm-ups, and a chance to catch your breath.
4:15pm-6:00pm	Room B	25	Leana Johns – Tribal Makeup- The Eyes Have It The focus will be the eyes. Some makeup knowledge is preferred, as this is not a class that will be talking about day-to-day makeup. Looks and ideas will be suitable for stage makeup beginners as well as those with more experience. There will be a live, step-by-step demonstration of makeup application(s). (A list of what the student should bring will be sent out closer to the workshop.) There will handouts that will include useful tips, blank facecharts for notes as well as a list of useful internet links. Topics such as: suitable looks depending on time of day/venue, the illusive 'smokey eye', false eyelash application and do's and dont's will be included in this fun and creative workshop. You will leave fearless and inspired!
4:15pm-6:00pm	Room C	30	Read My Hips - Creative Recycling, RMH Style ... from Choreographies to Combinations In RMH, new additions to our improv vocabulary are often derived from elements we have used in our choreographies. In this class taught by JOLIE ROBERSON, you will learn two short choreographies that incorporate classical dance elements as well as breakdance, hip-hop, burlesque, and ballroom, and (most importantly) attitude and theatrics. We will then explore how elements from each of these choreographies can be adapted and transformed into cued combinations for tribal improv. Jolie of Read My Hips brings to the table over 17 years of dance and performance training.
4:15pm-6:00pm	Room G	35	FCBD/Megha - Crafting a ATS Set The fine art of crafting a performance. Students will be challenged with a set of music and performance situations based on real life (a small party, a big outdoor festival, etc.) We will form small groups, discuss and drill through the songs in the set, choose who is dancing to which song, rehearse again, critique the progress and then present our virtual show. Dancers must know (I mean, really be able to do it!) the basics of Taxeem, Bodywave, Hand Floreo and Arm Undulations, Shimmy, Arabic Basic, Egyptian Basic, Pivot Bumps and Choo-choos. Also, be able to use ATS formations: Duet, Trio and Quartet. Please review the FCBD dvds Vol. 1-7 if necessary. Your success in this class relies on your ability to communicate (non-verbally!) with the other dancers.

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SUNDAY MARCH 28

Time	Room	Capacity	Teacher/Class
9:30am-11:30am	Room B	25	inFusion Tribal - Signature Combos and Concepts Round II inFusion Tribal Bellydance is ready and rarin' to share *even more* of their dynamic signature combinations and partnering concepts with you! Even if you haven't taken a pervious workshop with inFusion Tribal before, this workshop will be great for both group improvisational dancers who want some more ideas in their arsenal, and for soloists and choreographers looking for a little movement inspiration to spice up their dance creations! Our work comes from a blended background which honors the roots of tribal bellydance: Instructor Sharon "Shay" Moore draws from her work with Gypsy Caravan (teacher certification 2001), FatChance BellyDance (teacher certification 2 levels 2008/09), and most recently Jamila Salimpour's original format (Level 1 course 2009), as well as all the beautiful and unique interpretations in the community around us which has always inspired her. inFusion Tribal constantly endeavors to explore new ideas and build community while remaining true to the history and integrity of this beautiful improvisational art form. Come play with us!
9:30am-11:30am	Room C	30	Read My Hips – Improv Inovations with Read My Hips We are always updating our improv with new moves, combinations and transitions ... in this class, director STEPHANIE BARTO will share the freshest additions to our tribal improvisation vocabulary. MARK SELNER will also share with you the secrets of working with a weighted veil (see our performance at last year's event for an example). Weighted veils will be provided for use in the workshop, and may be purchased from Mark if you would like to take one home with you :-)
9:30am-11:30am	Room G	35	Unmata - Overhaul My Improv Need a jump start? This workshop features 2 improv combinations snatched directly from UNMATA's vocabulary. Complete with cues and ready for stage.
12:00-2:00pm	Room B	25	Urban Gypsy - Leader Changes and Formations Love classic Tribal bellydance, but looking for combos that fit into more modern music and styling? Then this is the class for you. We will walk through several fun and contemporary combinations that easily cue into the Tribal Improv format. Combos will include some slow and slinky, pops and locks, and saucy vaudeville.
12:00-2:00pm	Room C	30	Troupe Hipnotica - On The Flip Side Strategies for incorporating both sides of the body and stage in your improv. In this class Troupe Hipnotica will share our double sided method that allows you to utilize all sides of the body and stage without re-learning your current improv moves or causing your head to explode! A basic knowledge ATS or improv moves suggested.
12:00-2:00pm	Room G	35	FCBD/Megha - True Tribal Basics & Tribal Combinations Using fun combinations, we'll breakdown several basic movements and their correct technique from the Tribal vocabulary. You'll walk away with mini-choreographies you can plug into your dance and effective setups for some of the faster moving steps and turns.
2:30pm-4:30pm	Room B	25	Troupe Hipnotica – The Middle Path Wondering how to use that beautiful song that seems too fast yet too slow? Wishing you could you use more pops and intricate moves in your improv? In this class Troupe Hipnotica will share more moves and technique from our isolation vocabulary. We will blend sharp accents with flowing turns and transitions. These moves are subtle, yet powerful and are perfect for medium tempo music.
2:30pm-4:30pm	Room C	30	Rina Orellana Rall - Flamenco for Belly Dancers II: Combos Various Flamenco dance combinations will be taught that include arms, turns and marking steps. Rina will lead you through a rigorous class focusing on control of the core muscles in order to execute proper Flamenco technique. The class will end with the opportunity to adapt the moves to belly dance.
2:30pm-4:30pm	Room G	35	FCBD/Megha – Zils Yes, you can play zils and dance at the same time! Learn the five basic Tribal Zil patterns (Basic RLR, Alternating RL, Military, Moroccan Six, Baladi) and apply them to your dance. *Recommended but not mandatory: Dancers should know the basics of Taxeem, Arm Undulation, Bodywave, Hand Floreos, Shimmy, Arabic Basic, Egyptian Basic, Pivot Bumps and Choo-choos. Dancers without knowledge of the basic steps can drill finger cymbal patterns during the dance segment.