



## **Tamarind Workshops 2017**

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### **Beginner/Intermediate: Individual Technique Emphasis**

*\*Beginner/Intermediate workshops use FCBD® Level 1 and 2 movements (DVD Vol 1 and 4) in workshops. Good for either beginning dancers or intermediate, dancers should be familiar with these steps or able to follow along.*

#### **Old School ATS® Fast Drills (2 hours)**

Bring your zils and get ready to drill until you drop! In this workshop, Super Beth will lead you through the foundation moves of Classic FCBD® ATS®, including Shimmies, Egyptians, Arabic, and Hip Bump, while swapping in additional moves such as the Up 2 Down 3; all this while practicing our 3 basic zil patterns for ATS®. This is a great class for beginners, but an even better one for experienced ATS dancers and troupes, as the foundation moves are the most important moves in our ATS® language, and can help you to "amp" your dance.

**\*Zils Suggested**

#### **Framing your ATS® Art Slow Drills (2 hours)**

Strong, elegant arms and hands can be the beautiful "frame" around your belly dance art. In this workshop, Super Beth will present strength and flexibility exercises for your arms and hands, visualization techniques to keep things flowing, and drills to create strong muscle memory. Working through the foundation moves of Classic FCBD® ATS®, including taxem, arm undulations, bodywaves, and torso twist while incorporating additional moves such as propeller. This is a great class for beginners, but an even better one for experienced ATS dancers and troupes, as the foundation moves are the most important moves in our ATS® language.

**\*Framing your ATS® Art** can be adapted for an Intermediate or Advanced Workshop

#### **Visualization, Isolations and Flow! (2 hours)**

In this workshop, we will begin with isolation drills to help identify the key muscles used in ATS® dance, then move on to breath and visualization exercises to help you create flowing movement and easy transitions. We will cover technique, but also ways to bring joy to your dance through positive affirmations, and connection with other dancers. You will come away inspired and uplifted, with stronger posture, elegant arms and a big smile!

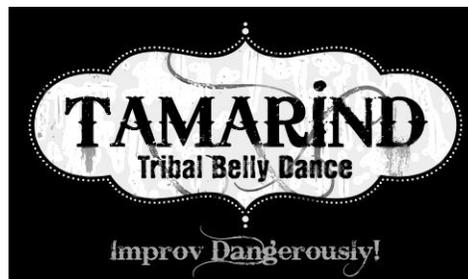
### **Beginner/Intermediate: Individual/Group Technique Emphasis**

#### **The "Eyes" have it! (1 hour)**

Experience the joy of connecting with your fellow dancers to create a beautifully synchronized visual for your audience. In this workshop, Super Beth will have us focus on the head and gaze to tweak your technique. In addition, we will work in groups of 2, 3, or 4 to learn how effective use of the eyes can aid in group cohesion and assist your improve to appear like choreography. (**\*The "Eyes" have it!** can be combined with **"Mind your T's and Cues!"**)

#### **"Mind your T's and Cues!" (1 hours)**

ATS® is like a physical conversation. Throw out a clunky cue or choppy transition and your dance message will be lost in translation. It happens to all of us, but in this workshop, Tamarind will help you to "speak" eloquently with tips to clear cues and smooth transitions. After covering the most common communication breakdowns, Super Beth will lead slow and fast dance drills, and have you dancing together harmoniously!



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### **Beginner/Intermediate: Group Technique Emphasis**

#### **Swimming with the Fish! (2 hour)**

Traveling and movement on the stage is part of any solid performance. In this workshop, Super Beth will drill fluid fades and crafty circle up techniques to have you swimming across the stage. Experience the joy of connecting with your fellow dancers while creating depth for your audience. We will work in groups of 3 or 4 for our drills.

**\*Swimming with the Fish** can be adapted for an Advanced Workshop

#### **A Tribal Chorus Line (2 hours)**

The Chorus is one of the most important performance formations used when dancing improv with other dancers. In this workshop, we focus on effective use of the chorus. Drills will include getting in and out of the Chorus, adjustment of the Chorus to suit different stage settings, and tips when leading the Chorus. We will create live performance situations where you can put your new skills to the test, and leave your audience wanting more!

**A Tribal Chorus Line can be adapted for an intermediate/advanced workshop.**

#### **Beyond Basics! (2 Hours)**

In this workshop, we will go beyond basic moves and formations to expand your performance repertoire. In this workshop, Super Beth will introduce you to the fantastic formations of the line-up and diagonal. We will work on getting into and out of these formations with style and grace all while “improv”ing it. For added flair in our formations, we will work on moves that accent the formations such as the camel, corkscrew turn, as well as fast moves such as the Turkish shimmy and shoulder shimmy combo.

### **Intermediate/Advanced: Individual Technique Emphasis**

*\*Intermediate workshops use FCBD® Level 1, 2, and 3 movements (DVD Vol 1, 4, 7, and 9) in workshops. Good for either intermediate or advanced dancers, dancers should be familiar with these steps or able to follow along.*

#### **Spin the Wheel! (1 hours)**

Get ready to Spin, Spin, Spin! Troubles with dizziness, foot placement, or simply don't enjoy spins. In this workshop, we will break down the technique to perform a solid spin. Super Beth will start us off with the shorter bite-size 4 count spins and working our way up to the full 8 count calibrated spin. We'll have you spinning into control!

#### **Adventures in ATS®! (2 Hours)**

Water Pot? Sunanda? Wet Dog? These are just some of the advanced, or “Modern ATS®” moves from Volume 7, “Creative Steps and Combinations”. In this workshop, we start with beautiful slow turns like the Sahra, Wrap Around, and Reverse Turn, and finish with some exciting fast moves, as well as creative fading and circling concepts.

#### **“Anatomy of a Step” The New Moves from Volume 9. (2 Hours)**

New moves from FatChanceBellyDance®, Devyani, Devi Mamak and Tamarind, featured on the latest instructional DVD from FCBD®, Volume 9 “Anatomy of a Step.

Best for dancers that have firm knowledge of FCBD® Classic and Modern ATS® movements.

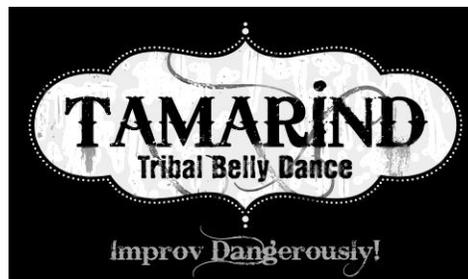
### **Intermediate/Advanced: Group Technique Emphasis**

*\*Intermediate workshops use FCBD® Level 1, 2, and 3 movements (DVD Vol 1, 4, 7, and 9) in workshops. Good for either intermediate or advanced dancers, dancers should be familiar with these steps or able to follow along.*

#### **Divine Tribal Duets**

Sometimes you only have two dancers, but you can still put on an amazing show with these beautiful slow duet concepts, as well as frisky fast passes and circle ups. We also explore how to engage with a single partner to make your Duet Truly Divine!

**\*Divine Tribal Duets can be adapted for a beginner workshop.**



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### **Three is Company too! (2 Hours)**

The only thing better than a duet is a trio! Three dancers have infinite potential in the ATS® world. In this workshop, we look at different ways to put on a stunning show with only 3 dancers utilizing line-ups, trios, and diagonal formations. We'll use the full breath of the ATS® vocabulary to craft an amazing set and leave your audience spellbound.

### **Tamarind Dialect Concepts: Individual and Group Techniques**

*\*Advanced workshops use FCBD® Level 1, 2, and 3 movements (DVD Vol 1, 4, 7, and 9) in workshops. Good for either intermediate or advanced dancers, dancers should be familiar with these steps or able to follow along.*

### **Tamarind Transformations (2 Hours)**

In this workshop, Super Beth will assist you with transforming your routine with some new movements that you can add to your ATS® set. Concepts taught in this exciting workshop include the Triple Sevillana, Shoulder Shimmy Level Drop, the CIC, the Double Back Spin, and others. Like what we had in 2014, you can choose from amongst these tried and true concepts as well: Egyptian Flip, Stella Luna, Happy Goat, and the Min Spin Combo.

**\*Best for dancers that have firm knowledge of FCBD® Classic and Modern ATS® movements.**

### **Courageous Concepts (2 Hours)**

Super Beth will teach you how to improv without a safety net with “setups” like the Rebel Egyptian, Rogue ReShamka, When Camels Attack!, Car Wash, and other courageous concepts. We will be working in groups of 3 and 4, so this is a great workshop for troupes, or for dancers who like to make new friends! **New for 2015** – Box Step Fade, Turkish Shimmy Diagonal Fade, and Water Pot circle up.

**\*Best for dancers that have firm knowledge of FCBD® Classic and Modern ATS® movements.**

### **Prop Work: Individual/Group Technique Emphasis**

*Add some exciting ‘concept’ numbers to your ATS® set using props like skirts, fans, baskets and sword, or wow them with some fancy floor work. Tamarind\* can show you how! \*Workshops use FCBD® Level 1, 2, and 3 movements (DVD Vol 1, 4, 7, and 9) in workshops. Good for either intermediate or advanced dancers, dancers should be familiar with these steps or able to follow along.*

## **Fans**

### **SuperBeth Fan Club: (1 or 2 hours)**

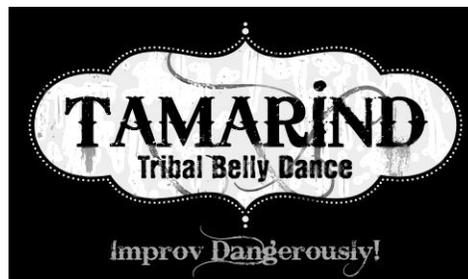
Fans can be incorporated as a specialty or concept piece within your ATS performance set. Fans add a bit of spark and color and are an audience favorite! Super Beth will show you how to handle and hold a large dance fan, and will lead you through a series of fast steps that will showcase these colorful props. Dancers should have familiarity with the four basic movements from the FCBD Volume 1 DVD. Expect a good upper body workout!

For this workshop, you will need 2 silk “flutter” fans, one for the RIGHT hand and one for the LEFT hand. You will need to request this specifically when ordering. These are the short fans, not the long “fan veils.” For examples of them, or to purchase them, go to [www.silk-bamboo.com](http://www.silk-bamboo.com).

**\*This workshop can be customized for the dancers in your area.**

**Fan work can be performed with either fast or slow movements with either 1 or 2 fans. Movements progress from beginning movements to more advanced moves.**

**I recommend starting out with a 2 hour workshop fast with 2 handed fans focusing on Level 1 & 2.**



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### Skirt

#### Skirt workshop: (1 or 2 hours)

Add a bit of sass and flash to your dance set with skirt work! Using existing ATS® movements and concepts, Tamarind will teach you how to move beautifully with a skirt while staying true to the FCB® ATS® posture and vocabulary. Topics include tucking, picking up and holding the skirt in a graceful manner, and using the skirt to frame and enhance your movements. We will then lead you through the ATS® steps that work best with a skirt, and allow you to drill them alone and in groups. You will need a 25 yd skirt, cotton is best.

### Fan & Skirt

#### Spirit of Seville: (2 hours)

Whether you are looking for a challenge in your improv or new movements to add to your choreography, this workshop has something for everyone. Using existing tribal movements and concepts, Super Beth will teach you how to move beautifully with a fan and skirt. Topics include tucking, picking up and holding the skirt in a graceful manner, and using the skirt to frame and enhance your movements while accenting those movements with a fan. Super Beth will then lead you through a series of steps that work best to showcase these magnificent props, and allow you to drill them alone and in groups.

Level: Advanced – Professional / Is Advanced level for those with 4 years' experience or more.

Accessories : 1 Fan (right handed) and a 25 yard skirt

### Floorwork

#### Fancy Floorwork for ATS (2 hours)

Our floor “experts” will lead you through warm ups for floorwork, getting up, getting down, and getting back up beautifully! Along the way, you will learn the Berber Walk, Mermaid Turn, and Tamarind floorwork variations. This workshop is best for dancers with healthy knees, and knee pads are highly recommended.

### Sword or Basket

#### Balancing Act. (2 hours, sword or basket)

Swords and basket add drama and elegance to your set, and can really show off your strong ATS® posture. In this workshop, we show you how to hold, balance and then dance with your prop using FCB® ATS® improv movements. We will also demonstrate the best headwear for prop the balancing. Please use prop swords only, and bring a large cotton scarf or piece of fabric to make a headwrap.

**\*This workshop can be customized for the dancers in your area.**

**Sword or Basket work can be performed with either fast or slow movements and progress from beginning movements to more advanced moves.**

**I recommend starting out with a 2 hour workshop with slow moves on Level 1 & 2.**

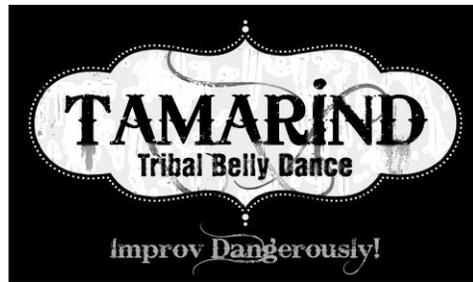
### Beyond the Dance: Specialty Workshops

*\*These workshops offer a departure from the standard ATS® fair.*

#### Performance Preparation Lecture (1 or 2 hours)

What makes a performance truly stand out? You took the classes, bought the costume, and now you have a gig. Yikes! In this workshop, Super Beth will give you tips on performing: how to prepare yourself and your group mentally and physically for performing. Regardless of the performance situation, Super Beth will help you get ready to take the stage!

**\*This workshop contains lecture material in addition to some basic dancing.**



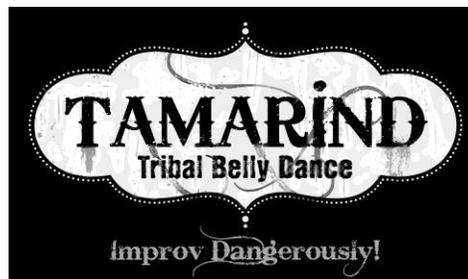
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### **It's a Set-up! Lecture (1 or 2 hours)**

You have some performance skill under your belt, now you are wondering what makes a performance truly stand out? You want to make a lasting impact on the audience. In this workshop, Super Beth give you tips on putting together a strong set, choosing the best music for the situation, and identifying when it's good to "set-up" some performance concepts or choreograph. We will create live performance situations where you can put your new skills to the test, and leave your audience wanting more!

**\*This workshop contains lecture material in addition to some basic dancing.**



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### **Super Beth's Booty Camp (1 hours)**

Want to build stamina and endurance? How about some strength and flexibility? Try Super Beth's Booty Camp! In this workshop, we will perform some calisthenics and plyometric exercises to build muscle, improve balance, and increase strength & endurance. Come prepared to sweat!

### **ATS® Foundations for Fusion (1 or 2 hours)**

Are you a fusion dancer but want to incorporate some ATS® movements into your set? In this workshop, Super Beth will explain the fundamentals of ATS® and provide some foundational moves for you to practice. Movements will cover both fast and slow combinations you can incorporate into your fusion choreography.

Level – New to ATS® knowledge

### **Fusion Combos (1 or 2 hours)**

Are you a fusion dancer with knowledge of ATS® movements, but looking for advanced movements you can supplement into your set? In this workshop, Super Beth will provide some of the more advanced ATS® moves in combos and drill them until you drop! In addition, Super Beth will cover her fusion moves that can be incorporated into both fast and slow combinations for your fusion choreography.

Level – Intermediate/Advanced ATS® knowledge

**Tamarind can also customize a workshop just for you!**

Please contact *Super Beth* at [ezabnicho@hotmail.com](mailto:ezabnicho@hotmail.com) or call 414-979-1013 to inquire about booking Tamarind workshops in your area!