

## **Tribal Level I Checklist**

Students – use this to review and practice what we’ve learned so far in class! Look at the “Glossary” for movement definitions, and the “Core Cues” list for a description of Improv movements.

### **Warmup:**

Kashlima walk  
Indian Swivel Step  
Jump/squat  
Marching shimmy  
123 step  
Bhangra shoulders w/ slide-squat

### **Stretch!**

### **Workout:**

Boat  
Locust  
Warrior  
Pushups  
Pulse Squats

### **Technique**

Hip lifts  
Unweighted lifts/drops  
Hip slides  
Hip circles  
Hip twists  
Hip lift shimmy  
Hip twist shimmy  
Shoulder thrusts  
Shoulder shimmy  
Shoulders up/down  
Snake arms  
Arm circles in/out  
Bhangra shoulders  
Rib cage slides  
Rib cage forward/back  
Rib cage lift/drop  
Rib cage circle  
Grapevine  
Box step  
Slow  $\frac{3}{4}$  shimmy

### **Improv**

Turkish  
Ghawazee  
Choo Choo  
Basic E

### **Combos**

Turkish Foot Change  
Ghawazee Personal Circle  
Choo Choo Personal Circle  
Turkish 2pt  
Turkish swivel  
Basic E 2pt  
Basic E hip twists  
Bollywood Slide