

Tribal Level 1 Glossary

Arm circles inward: arm moves in and palm faces in, up, out, (rotate wrist to face palm out/down) down

Arm circles outward: arm moves out, up, rotate palm to face in, in, down

Basic snake arms: bring the arm up, lifting elbow, then wrist, then finger tips, then drop the arm, dropping elbow, then wrist, then finger tips – imagine painting a wall with the back of your hand going up, and then with your palm going down

Crescents (half of a hip circle): to the front: slide hips to one side, push pelvis forward, slide hips to the other side, then reverse, OR to the back: slide hips to one side, push pelvis back, then slide hips to the other side

Diamond omi: hip lift, pelvic tuck, hip lift on other side, pelvic drop – not smoothed out into a circle

Double hip lift walk: step on to R foot and let R hip come up, then bend R knee, and straighten it again (so R hip has gone: lift, drop, lift), step on to L foot and let L hip come up, then bend L knee, and straighten it again (so L hip has gone: lift, drop, lift)

Finger ripples: fingers curl in leading with index finger and extend out leading with index finger, OR fingers curl in starting with pinky finger and extend out leading with pinky finger

Floreo: bend wrist and rotate hand around leading with pinky finger

Hand ripples: push heel of hand down, then finger tips in a wave, or to reverse: scoop finger tips down and under

Hip circles: slide hips to one side, bend knees to move pelvis to the front, slide hips to the other side, then lean upper body forward so that pelvis is behind rib cage. Pelvis stays tucked and knees stay soft the whole time.

Hip lift: weight is on heels, bend knees extra, alternate bending one knee more and straightening one knee up to its soft home position

Hip lift shimmy: hip lifts, fast and small

Hip rolls: half of a vertical hip figure 8, sometimes traveling with step-slide

Hip slides: keep both knees soft, move hips in a horizontal line from side to side by shifting weight

Hip twist: (these are sometimes called “washing machine hip twists”) feet & legs together, knees soft, alternate twisting hips forward horizontally

Hip twist shimmy: hip twists, fast and small

Horizontal hip figure 8s, backward: twist one hip forward, slide it out to the front diagonal, twist it around to the back diagonal, now your other hip is twisted to the forward diagonal, slide it out, then twist it around to the back diagonal

Horizontal hip figure 8s, forward: twist one hip back, push it out toward the back diagonal, twist it around to the front diagonal, now your other hip is twisted toward the back diagonal, push it out, then twist it around to the front diagonal

Horizontal rib cage figure 8, backward: move rib cage forward, side, back, center, forward, side, back, center

Horizontal rib cage figure 8, forward: move rib cage side, forward, center, back, side, forward, center, back

Horizontal rib cage circles: slide side, push forward, slide to the other side, contract back

In and out snake arms: with upper arms at shoulder height, bend elbow and bring wrist toward the ear, fingers trailing behind. Then push wrist away from ear, fingers trailing behind. Palms are always facing away from head.

Mudra: Fingers are labeled from index finger to pinky: 1, 2, 3 and 4.

Dola mudra: Pataka relaxed

Pataka mudra: 1, 2, 3, and 4 together with thumb, hand flat

Pushpataka mudra: bowl with both hands cupped together

Alapadma mudra: "lotus:" from Ardachandra, stretch 4 toward wrist and spread 1, 2, and 3

Katakamuka mudra: 1 and 2 together with thumb, 3 and 4 spread

Ardachandra mudra: Pataka with thumb curved out from hand

Hansasya mudra: "ok" symbol with 2, 3, and 4 spread

Omi (interior hip circle): hip lift on one side, pelvic tuck, hip lift on the other side, pelvic drop, smoothed out

Pelvic tuck and drop: start in "neutral pelvis" then tighten lower abs to tuck, contract lower back muscles to drop

Rib cage 'e': circle rib cage back, forward, back, then hold at front diagonal, switch directions to circle back, forward, back, and hold at other front diagonal

Rib cage forward and back: use upper back muscles to push rib cage forward, use upper abs to contract and pull rib cage back, shoulders and hips stay still and relaxed

Rib cage lift and drop: contract upper back muscles to lift, contract upper abs to drop

Rib cage slides: shoulders stay level, push rib cage to one side, then the other

Rocking step (Turkish): step R foot forward, L foot in place, R foot back, L foot in place, or reverse feet

Round snake arms: from *In and out snake arms*, bend elbow and pull wrist in toward ear, then push heel of hand down along body, sweep up and out and repeat

Sagittal hip circle: bring unweighted hip up, forward, down, and back, OR down, back, up and forward.

Sagittal hip figure 8s: bring unweighted hip down, forward, up, center, down, back, up, center, OR up, forward, down, center, up, back, down, center

Shoulder boxes: push shoulder forward, up, back, down (or reverse)

Shoulder lifts and drops: squeeze shoulders up toward ears, then drop them down

Shoulder shimmy: fast, small shoulder thrusts

Shoulder thrusts: rest hands on invisible shelf, push one shoulder forward, then the other

Sidewinder: *Round snake arms* with *Vertical rib cage figure 8* down to up

$\frac{3}{4}$ shimmy: fast *Double hip lift walk*

$\frac{3}{4}$ shoulder shimmy: shoulder thrusts RLR, pause, LRL, pause

Torso circle: upper body rotates side, back, side, center – head, rib cage, and shoulders move together

Tribal snake arms: from "hugabigtree" arms, pull elbows back so they are even with the shoulders. Lift elbow slightly, then pull shoulder back and in, drop elbow down, and push out and away with hand

2 point turn: imagine a clock on the floor around you. Step forward onto 12 o'clock with R, step L in place and pivot on the balls of your feet counterclockwise to face 6 o'clock, step forward onto 6 o'clock with R, step L in place and pivot on the balls of your feet counterclockwise to face 12 o'clock (you can also do this move stepping onto 12 and 6 with the L foot, turning clockwise, or stepping onto any two points that are directly across from each other (3 and 9, 4 and 10 etc)

Unweighted hip lifts and drops: stand with all of your weight on one leg, knee soft, opposite heel off the ground. Squeeze your obliques and straighten the knee of your unweighted leg to lift the hip, squeeze your opposite glute and bend your knee to drop your hip

Vertical hip figure 8s: for up to down: lift R hip up, slide it out, drop it down (now left hip is lifted), slide L hip out, drop it down. For down to up: drop R hip, slide it out, lift it up (now left hip is dropped), slide L hip out, lift it up

Vertical rib cage circle: slide rib cage to one side, lift rib cage, slide rib cage to other side, drop rib cage

Vertical rib cage figure 8: for up to down: lift rib cage, slide to one side, drop rib cage, slide center, lift rib cage, slide to other side, drop rib cage, slide center. For down to up: drop rib cage, slide to one side, lift rib cage, slide center, drop rib cage, slide to other side, lift rib cage, slide center

Vibration: tense the leg muscles until they shake – keep upper body relaxed

Wrist rotation: bend wrist and rotate hand around leading with index finger

Yes/no arms: from *In and out snake arms*, rotate wrist to that when you pull the hand in, the palm is facing the head. Look at the hand on the way in and tilt upper body toward it, and look and tilt away as the wrist pushes away.