

## SAMPLE CLASS / WORKOUTS

### Core Workout CTS

<https://ctsbellydance.com/workouts/core-workouts/cts-volume-3-core/>

The free **CTS Workout, Volume 3** workout gives you a sample of the CTS workout style and uses all 25 of the CTS core combinations. If you're just starting, focus on moving your feet and the timing. The moves all repeat and should feel natural. And they build on each other, so we suggest you do them in the playlist order. As you become more comfortable with the workout, put more attention to dance and technique. The CTS workout can be done by any fitness level, non-dancers to more advanced dancers. As with any fitness program, check with your health and medical advisors before doing it. You are fully responsible for your well-being while following this program. If a movement hurts anything in your body, don't do it. Pain is not any part of the CTS format. Total workout time is 38 minutes. There an 11<sup>th</sup> video with interviews from the CTS dancers.

Song	Type	Experience
CTS3-01 Workout Wakeup – Cardio Workout	Core	Workout
CTS3-02 Workout Shimmies - Houz	Core	Workout
CTS3-03 Workout Loosen Up - Reggaeton	Core	Workout
CTS3-04 Workout Lead Follow - Mumbai	Core	Workout
CTS3-05 Workout Hips Turns – Drums Peace	Core	Workout
CTS3-06 Workout Layering – Oriental Nights	Core	Workout
CTS3-07 Workout Smooth Moves - Enigmatic	Core	Workout
CTS3-08 Workout Grapevines – Femme Fatale	Core	Workout
CTS3-09 Workout Pelvic Flex – Chai Badu	Core	Workout
CTS3-10 Workout Cooling Routine - Zorna	Core	Workout
CTS3-11 Workout Interviews	Core	Workout

### Sample Class:

This class from RJ's intro to CTS Dance is available on the password-protected Instruction page. It starts with a warm up, adds repeated CTS core movements in CTS routines, and ends with a high-energy drum solo. Some songs have audio cues, but it's best to relax and just follow along. Moves are repeated. Click on the ^ to open the playlist. When you press play, it will play the 9 videos in the following order. Total run time is about 30 minutes.

Play order	Song	Type	Experience
01	Sand	Core	Sample Class
02	YaHenna Drills	Core	Sample Class
03	Naga – Intro CTS	Core	Sample Class
04	ELC	Core	Sample Class
05	Core Prax2 Rose	Core	Sample Class
06	Serpentine	Core	Sample Class
07	Workout Grapevines	Core	Sample Class
08	Core Prax3 Luv2U	Core	Sample Class
09	One-minute drum	Core	Sample Class

## Intense Workout1

*This cued workout is available on the password protected Instruction page. Click on the ^ to open the playlist. When you press play, it will play 12 songs in a suggested order – including warm up stretch, drills, routines, and a cool down. This playlist will help you review the 25 core combos, the core combos with finger cymbals, intense combos with and without finger cymbals, and balancing with a sword or basket. This hour-long practice is a great way to hone your CTS dance skills. Be sure to have water, finger cymbals, and a balancing object handy.*

Play order	Song	Type	Experience
01	Warm Slow Stretch (Healing)	Intense	Workout1
02	Feet, Arms, Turn (Hood Pass)	Intense	Workout1
03	Core Prax1 Vio	Intense	Workout1
04	Core Prax2 Rose	Intense	Workout1
05	Hips, Wave Combo (Mo Strut)	Intense	Workout1
06	Ezra	Intense	Workout1
07	CTS Catwalk Moves	Intense	Workout1
08	Keter Ehyar (zils)	Intense	Workout1
09	Maksoum (zils)	Intense	Workout1
10	Saidi (zils)	Intense	Workout1
11	Core Prax3 Luv2U	Intense	Workout1
12	Egyptian Night (sword)	Intense	Workout1

## Intense Workout2

*This cued workout is available on the password protected Instruction page. Click on the ^ to open the playlist. When you press play, it will play 13 songs in a suggested order – including a mindful and mesmerizing warm up, drills, routines, and a cool down. This playlist has classic MENAHT-inspired routines, some fun & fusion routines, as well as some finger cymbals-fans-sword routines and a short one-minute drum solo. This hour-long practice helps you remember the fun in CTS dance. Be sure to have water, finger cymbals, a Tai chi fan, and a balancing object handy. Practice time is less than an hour.*

Play order	Song	Type	Experience
01	Crystal Cave CTS (flow)	Intense	Workout2
02	Bag Groove Core	Intense	Workout2
03	Hips, RAC Combo	Intense	Workout2
04	CTS3 DH Jam w Zils	Intense	Workout2
05	CTS Dance Routine–ComoVa	Intense	Workout2
06	Dark F (balance)	Intense	Workout2
07	Jazz Ma (Carib-Latin)	Intense	Workout2
08	CTS var ATS Slow w:Drill	Intense	Workout2
09	Gitana CTS fans (tango)	Intense	Workout2
10	Exes n Ohs CTS 95 (raqabelly)	Intense	Workout2
11	Raqset prax (MENAHT)	Intense	Workout2
12	One-minute drum	Intense	Workout2
13	Sand	Intense	Workout2

## CTS Instruction Video Directory

Type: Core, Core 25, Intense, Fun & Fusion, Zaltana

Experience: Sample Class, Combo, Routine, Workout

### Sorted Alphabetically by Type, then Experience, then Video Name

Video Name	CTS Type	CTS Experience
Bag Groove Core	Core	Routine
Belly Powr	Core	Routine
Bounce	Core	Routine
Cairo B	Core	Routine
Core Combo Practice 1- Love2u	Core	Routine
Core Combo Practice 1- Violint	Core	Routine
Core Combo Practice 2- Rose	Core	Routine
CTS w/Zils (explanation)	Core	Routine
CTS3 DH Jam w/Zils	Core	Routine
CTS3 GC Wave w/Zils	Core	Routine
ELC	Core	Routine
Feeling Grapevines	Core	Routine
Healing	Core	Routine
Hood Pass	Core	Routine
Keter Ehyar	Core	Routine
Keter Ehyar Combos / Zils Practice	Core	Routine
Keter Ehyar Zil Patterns	Core	Routine
Love Runs CTS Full	Core	Routine
Maksum Barbs	Core	Routine
Naga – Core	Core	Routine
Naga – Intro to CTS	Core	Routine
One-Minute Drum	Core	Routine
Sand	Core	Routine
Serpentina	Core	Routine
Sudan	Core	Routine
YaHenna Drills	Core	Routine

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Core Prax2 Rose	Core	Sample Class
Core Prax3 Luv2U	Core	Sample Class
CTS3-08 Workout Grapevines	Core	Sample Class
ELC	Core	Sample Class
Naga – Intro CTS	Core	Sample Class
One-minute drum	Core	Sample Class
Sand	Core	Sample Class
Serpentina	Core	Sample Class
YaHenna Drills	Core	Sample Class

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
CTS3-01 Workout Wakeup – Cardio Workout	Core	Workout
CTS3-02 Workout Shimmies - Houz	Core	Workout
CTS3-03 Workout Loosen Up - Reggaeton	Core	Workout
CTS3-04 Workout Lead Follow - Mumbai	Core	Workout
CTS3-05 Workout Hips Turns – Drums Peace	Core	Workout
CTS3-06 Workout Layering – Oriental Nights	Core	Workout
CTS3-07 Workout Smooth Moves - Enigmatic	Core	Workout
CTS3-08 Workout Grapevines – Femme Fatale	Core	Workout
CTS3-09 Workout Pelvic Flex – Chai Badu	Core	Workout
CTS3-10 Workout Cooling Routine - Zorna	Core	Workout
CTS3-11 Workout Interviews	Core	Workout

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Anna's Hips	Core 25	Combo
Barbara 1	Core 25	Combo
Barbara 2	Core 25	Combo
Charise's Hands	Core 25	Combo
DH Diagonal	Core 25	Combo
DH Diagonal X	Core 25	Combo
DH Eddie's Basic	Core 25	Combo
DH Forward Back	Core 25	Combo
DH Sway	Core 25	Combo
Footslides 1	Core 25	Combo
Footslides 2	Core 25	Combo
G1   Hip Sway	Core 25	Combo
G2   Hip Drops Y	Core 25	Combo
GC Wave Long – Variation 1	Core 25	Combo
GC Wave Long – Variation 2	Core 25	Combo
Gloria	Core 25	Combo
Grapevine 1	Core 25	Combo
Grapevine 2	Core 25	Combo
Grapevine 3	Core 25	Combo
Grapevine 4	Core 25	Combo
Hip Lifts	Core 25	Combo
Liz	Core 25	Combo
Marinas	Core 25	Combo
Mayan Arms	Core 25	Combo
Mesmera	Core 25	Combo
Pelvic Drops	Core 25	Combo
Pump 'n' Slide	Core 25	Combo
RJ Beginning	Core 25	Combo
Sexy Walk	Core 25	Combo
Shimmies	Core 25	Combo
Slinky	Core 25	Combo
Snake Arms	Core 25	Combo
Stretch	Core 25	Combo
ZEs	Core 25	Combo

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
AfroBelly Bird	Fun & Fusion	Combo
AfroBelly Monkey on the Vine	Fun & Fusion	Combo
AfroBelly Pelvic Walk	Fun & Fusion	Combo
AfroBelly Prayer	Fun & Fusion	Combo
AfroBelly Snake in Basket	Fun & Fusion	Combo
AfroBelly Waves	Fun & Fusion	Combo
AfroBelly Yankadi	Fun & Fusion	Combo
CTS Bollywood Aaja	Fun & Fusion	Combo
CTS Bollywood Bhangra Basic	Fun & Fusion	Combo
CTS Bollywood Chix and Bulbs	Fun & Fusion	Combo
CTS Latin Argentine Tango	Fun & Fusion	Combo
CTS Latin Cha Cha Turk	Fun & Fusion	Combo
CTS Latin Flamenco Combo	Fun & Fusion	Combo
CTS Latin Int'l Tango Basic	Fun & Fusion	Combo
CTS Latin Salsa 1	Fun & Fusion	Combo
CTS Latin Salsa 2	Fun & Fusion	Combo
CTS Latin Sambo	Fun & Fusion	Combo
Aaja (Bollywood)	Fun & Fusion	Routine
Afro Belly Moves (TM - Bamboo)	Fun & Fusion	Routine
Chillando	Fun & Fusion	Routine
ComoVa	Fun & Fusion	Routine
Gitana CTS Fans	Fun & Fusion	Routine
TM – AfBamboo	Fun & Fusion	Routine
TM – Mondo	Fun & Fusion	Routine
TM – Shall We Dance	Fun & Fusion	Routine
TM Fans - Shiraz	Fun & Fusion	Routine

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
¾ Hipbox Saidi Sidestep	Intense	Combo
Argentine Tango	Intense	Combo
ATF	Intense	Combo
ATF 1 Demo	Intense	Combo
ATF 2 Demo	Intense	Combo
Backwalk	Intense	Combo
Barb 1 Fans	Intense	Combo
Burlesk	Intense	Combo
C-Cam	Intense	Combo
CC10 UndBWfloreos	Intense	Combo
CC11 Toro	Intense	Combo
CC12 Umi End	Intense	Combo
CC1a Arjuna	Intense	Combo
CC1b BoArj Mirror	Intense	Combo
CC2a Tai Chi	Intense	Combo
CC2b Tai Chi Mirror	Intense	Combo
CC3 Padahast Asana	Intense	Combo
CC4 Head Rolls	Intense	Combo
CC5 Twist	Intense	Combo
CC6 Shoulder Spine	Intense	Combo
CC7 Calf Stretch	Intense	Combo
CC8 Chest Isolations	Intense	Combo
CC9 Figure 8 Hips	Intense	Combo
Chifty Annas	Intense	Combo
Choo Teapot Turn Demo	Intense	Combo
Ciana	Intense	Combo
Ciana Fans	Intense	Combo
Ciana Turn, Zils	Intense	Combo
Ciana Zils	Intense	Combo
Combo 2, Zils	Intense	Combo
Combo 2, Zils, Explanation	Intense	Combo
Corkscrew Turn	Intense	Combo
Fakeouts Final	Intense	Combo
Fembot	Intense	Combo
Flamenco	Intense	Combo
Flamenco Fans	Intense	Combo
G-Spin Zils	Intense	Combo
Gawazees Sword	Intense	Combo
GC Wave Zils	Intense	Combo
Gitana Beginning Demo No Fans	Intense	Combo
Grapevine Combo	Intense	Combo
Haggallah Full Zils	Intense	Combo
ITS Combo	Intense	Combo
JP Combo Demo Slow Burn	Intense	Combo
JP Combo Expl Demo	Intense	Combo

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Keter Ehyar Zil Patterns	Intense	Combo
Latin Slinky variation 1	Intense	Combo
Latin Slinky variation 2	Intense	Combo
Luny Combo Demo Slow Burn	Intense	Combo
Luny n Spirals	Intense	Combo
Marina Mama	Intense	Combo
Mesmera Spiral, Variation 1	Intense	Combo
Mesmera Spiral, Variation 2	Intense	Combo
Naga Combo CTS	Intense	Combo
Pop Loc Combo	Intense	Combo
Propeller Turn	Intense	Combo
Reverse Turn	Intense	Combo
RJ 1	Intense	Combo
RJ 2	Intense	Combo
RJ Combo	Intense	Combo
RJ Combo, Zils, Full	Intense	Combo
RJ Full Zils Demo	Intense	Combo
RJ Short	Intense	Combo
Rose Hips	Intense	Combo
Saidi Zils	Intense	Combo
Salsa 2	Intense	Combo
Salsa 2 Vo	Intense	Combo
Salutation	Intense	Combo
Samba	Intense	Combo
Sandalwood	Intense	Combo
Saucy Maya	Intense	Combo
SES	Intense	Combo
Sexy Walk Shimmy	Intense	Combo
Sexy Walk Sword	Intense	Combo
Single Fan Demo 2	Intense	Combo
Spiral Marinas	Intense	Combo
Star Walk	Intense	Combo
Stretch Flow Demo	Intense	Combo
Sword Spins	Intense	Combo
Teapot	Intense	Combo
ToRo	Intense	Combo
TS Spin Demo	Intense	Combo
TS Spin Zils	Intense	Combo
Twist Drop	Intense	Combo
Vaudeville 2	Intense	Combo
Wrap Turn	Intense	Combo
Z-Walk Demo	Intense	Combo
Zil Comp	Intense	Combo



<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Chillando	Intense	Routine
ComoVa	Intense	Routine
Crystal Cave	Intense	Routine
CTS Egypt Desert Mystery	Intense	Routine
CTS3 DH Jam w Zils	Intense	Routine
CTS3 Slinky Drill 3x	Intense	Routine
CTS3 Slinky Drill 3x	Intense	Routine
Dark Fire	Intense	Routine
Egyptian Night (sword)	Intense	Routine
Ethos2 – ATS Slow Turns	Intense	Routine
Exes and Ohs CTS 95	Intense	Routine
ELC	Intense	Routine
Fallin’	Intense	Routine
Gitana CTS Demo Beg No Fans	Intense	Routine
Jazz Mach	Intense	Routine
Keter Ehyar	Intense	Routine
Maksoum (zils)	Intense	Routine
Mystic’s	Intense	Routine
Raqset Prax	Intense	Routine
Rose	Intense	Routine
Saidi	Intense	Routine
SES Practice	Intense	Routine
Sugar Bowl	Intense	Routine
Uptown Rehearsal	Intense	Routine
WeBaaden	Intense	Routine
Y Heard Prax	Intense	Routine
Zil Patterns (explanation)	Intense	Routine

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<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Core Prax1 Vio	Intense	Workout1
Core Prax2 Rose	Intense	Workout1
Core Prax3 Luv2U	Intense	Workout1
CTS Catwalk Moves	Intense	Workout1
Egyptian Night (sword)	Intense	Workout1
Ezra	Intense	Workout1
Feet, Arms, Turn	Intense	Workout1
Hips, Arabic Combo	Intense	Workout1
Keter Ehyar (zils)	Intense	Workout1
Maksoum (zils)	Intense	Workout1
Saidi (zils)	Intense	Workout1
Warm Slow Stretch	Intense	Workout1

<b>Video Name</b>	<b>CTS Type</b>	<b>CTS Experience</b>
Bag Groove Core	Intense	Workout2
Crystal Cave CTS	Intense	Workout2
CTS Belly Dance Routine – ComoVa	Intense	Workout2
CTS var ATS Slow w:Drill	Intense	Workout2
CTS3 DH Jam w Zils	Intense	Workout2
Dark Fire	Intense	Workout2
Exes n Ohs CTS 95	Intense	Workout2
Gitana CTS fans	Intense	Workout2
Hips, Arabic Combo	Intense	Workout2
Jazz Mach	Intense	Workout2
One-minute drum	Intense	Workout2
Raqset prax	Intense	Workout2
Sand	Intense	Workout2