

## Zil Patterns

© by Mimi Fontana 2008

### **Alternating Pattern:**

*This pattern is not used for dancing that much, but can be used in the chorus as an accent*

RL RL / RL RL / RL RL / RL RL

### **Standard Pattern:**

*This is our standard pattern for dancing. It corresponds to the beat which you are stepping on.. The first two strokes are even, the third “R” is accented, the fourth is a rest.*

*You can count this and-a-one, and-a-two etc.*

RLR / RLR / RLR / RLR

### **Military Pattern:**

*This pattern is used with specific ATS steps namely the “Double-Back” and the “Up Two – Down Three” aka U2-D3.*

RLR / RLR / RLRLRLR

### **Baladi: (Maqsoum, Masmoudi Saghira & Saaidi)**

*Again not used so much in ATS, but nice for the chorus to play as an accent if it fits the music.*

R / R / RLR / R / RL / R / RL

### **Drills:**

Hosanni Oo by Helm: baladi / standard / military