



BELLY DANCE BASICS

Class Description

Celebrate your beauty, confidence, and grace through dance movements suited to EVERY WOMAN! ALL AGES! Review hip articulations, shimmies, and graceful hand and arm gestures all the while delving into the essence of this intoxicating ancient art deeply steeped in women's traditions dating back thousands of years.

Class Goals

Introduction to an intoxicating art allowing every participant to celebrate her femininity via the rhythms and basic movements of this mysterious dance known by many names ~ Danse Orientale, Oriental Dance, Raks Shakri, Egyptian Dance, Turkish Dance, Dance du Ventre, Temple Dance, Goddess Dancing, World Dance, Middle Eastern Dance.... Belly Dance.

Overview

1st class includes introduction to instructor along with emphasis of proper posture and body alignment important to execution of movements as well as general good health. Intro to hip articulation.

Remaining classes in series (typically 6-8 classes) include warm-up and ending stretches along with introduction to Egyptian Rhythm pattern known as Beledy or Baladi and beginning vocabulary of movements, including but not limited to:

- Mudra
- Shoulder rolls
- Elegant hand gestures
- Hip lift / hip drop in place
- Traveling hip lift
- Basic Egyptian
- Hip Circles
- Shimmy
- Three step turn



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