

## Introductory Belly Dance Class Descriptions (6-8 week sessions)

<b>Basics I:</b>  Foundation	Dance movements covered:	<p>Learn the fundamentals of belly dance. In this class, you will learn the foundation movements of belly dance, including isolations and traveling. During each class, we will review the basic movements and add on more complex or detailed dance steps.</p> <p>Learning how to do each move in its most simple form and then how to customize it based on the style you choose. Emphasis on building muscle memory and precision.</p> <p>Suggested class supplies: Veil (2.5 to 3 yards of a light flowing fabric)</p>
	<ul style="list-style-type: none"> <li>● Basic Isolations</li> <li>● Foundation Movements</li> <li>● Traveling</li> <li>● Intro to Combinations</li> <li>● History</li> <li>● Performance skills</li> <li>● Veil</li> <li>● Basic etiquette and ethics</li> </ul>	

<b>Basics II:</b>  Basic Combinations	Dance movements covered:	<p>Learn the fundamentals of belly dance. In this class, you will review the foundation movements of belly dance, including isolations and traveling. During each class, we will review the basic movements and use these dance steps as part of combinations and a short dance you can perform at home!</p> <p>Reviewing each move in its most simple form and then how to transition between moves and combinations. Emphasis on applying dance movements to music.</p> <p>Suggested class supplies: Zills, Veil (2.5 to 3 yards of a light flowing fabric) and Cane (¼" to ½" diameter 3' long wooden dowel)</p>
	<ul style="list-style-type: none"> <li>● Review of Basic Isolations</li> <li>● Review of Foundation Movements</li> <li>● Traveling</li> <li>● History</li> <li>● Performance skills</li> <li>● Zills</li> <li>● Beginning/Intermediate combinations</li> <li>● Veil</li> <li>● Cane</li> <li>● Basic choreography</li> <li>● Basic etiquette and ethics</li> </ul>	

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<b>Basics III:</b>	Dance movements covered:	Learn the fundamentals of belly dance. In this class, you will practice the smooth and slower movements of belly dance, including undulations, figure 8s and circles. During each class, we will combine the flowing moves into combinations with the music.
Flowing Moves & Smooth Combos	<ul style="list-style-type: none"> <li>● Review of Foundation Movements</li> <li>● Flowing moves and transitions</li> <li>● Smooth Combinations</li> <li>● Taqsim</li> <li>● Performance skills</li> <li>● Zills</li> <li>● Veil</li> <li>● Stylization (Egyptian, Lebanese, Turkish, American, Tribal Fusion)</li> <li>● Basic etiquette and ethics</li> </ul>	Learning how to dance to the melody and taqsim with smooth movements. Emphasis on flowing transitions and moving to the music.
		Suggested class supplies: Zills

<b>Basics IV:</b>	Dance movements covered:	Learn the fundamentals of belly dance. In this class, you will practice the sharp and quick movements of belly dance, including hip accents, chest pops, locks and shimmies. During each class, we will combine the sharp moves into combinations with the music.
Sharp Moves & Quick Combos	<ul style="list-style-type: none"> <li>● Review of Foundation Movements</li> <li>● Sharp moves and transitions</li> <li>● Quick Combinations</li> <li>● Drum Solo</li> <li>● Performance skills</li> <li>● Zills</li> <li>● Stylization (Egyptian, Lebanese, Turkish, American, Tribal Fusion)</li> <li>● Basic etiquette and ethics</li> </ul>	Learning how to dance to the beat and accents. Emphasis on strong movements and moving to the rhythm.
		Suggested class supplies: Zills

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<p><b>Basics V:</b></p>	<p>Dance movements covered:</p>	
<p>Choreography</p>	<hr/> <ul style="list-style-type: none"> <li>● Review of Foundation Movements</li> <li>● Moves and Combinations for Choreography</li> <li>● Performance skills</li> <li>● Zills and props as necessary</li> <li>● Stylization (Egyptian, Lebanese, Turkish, American, Tribal Fusion)</li> <li>● Basic etiquette and ethics</li> </ul> <hr/>	<p>Learn a 3-5 minute belly dance choreography. In this class, you will learn a choreography that you will then be able to perform for your friends and families. During each class, we will learn a little more of the choreography until we are ready to show off our dancing!</p>
		<p>Learning and performing a choreography. Emphasis on learning combinations and dancing to a song.</p> <p>(Choreographies change each 8 week session)</p> <p>Suggested class supplies: Zills</p> <hr/>

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<b>Props I:</b>  Basics (8 weeks)	Dance movements covered:	Learn how to use the most common props in belly dance. In this class, you will be introduced to veil, cane, balancing and candle dance movements and combinations. We will spend 2 weeks on each prop to give you time to try out each one!  Learning about the different props used in belly dance. Emphasis is on introducing how each prop is used.  Suggested class supplies: Veil, Cane, 2 votive candle holders
	<ul style="list-style-type: none"> <li>● Review of Foundation Movements</li> <li>● Moves and Combinations for each:                             <ul style="list-style-type: none"> <li>• Veil</li> <li>• Cane</li> <li>• Balancing</li> <li>• Candles</li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>● Performance skills</li> <li>● Stylization (Egyptian, Lebanese, Turkish, American, Tribal Fusion)</li> <li>● Basic etiquette and ethics</li> </ul>	

<b>Props II:</b>  Dancing with a prop (8 weeks)	Dance movements covered:	Learn how to use the most common props in belly dance. In this class, you will spend 8 weeks learning how to use a specific prop and incorporate it into combinations and a short dance.  Using a prop in your dance. Emphasis is on using a specific prop in combinations and a short dance.  (Prop focus changes each 8 week session)  Suggested class supplies: Veil, Cane, 2 votive candle holders, or other prop focus
	<ul style="list-style-type: none"> <li>● Review of Foundation Movements</li> <li>● Moves and Combinations for one of the following:                             <ul style="list-style-type: none"> <li>• Veil</li> <li>• Cane</li> <li>• Balancing</li> <li>• Candles</li> </ul> </li> </ul>	
	<ul style="list-style-type: none"> <li>● Performance skills</li> <li>● Stylization (Egyptian, Lebanese, Turkish, American, Tribal Fusion)</li> <li>● Basic etiquette and ethics</li> </ul>	