

Beginning Bellydance with Liora

Class Description: Each week we will work on different isolations and movements that comprise the core of fusion bellydance, with cabaret (Egyptian/Oriental), ATS/ITS (tribal group improvisation), and fusion styling. We will then work on short combos that showcase each of the different styles of bellydance. This class generally runs in 8-week series, but students are welcome to begin anytime. **Students should feel comfortable in executing the basic moves before moving on to the Intermediate level.*

Contact Info & Resources:

Email: liora_dance@yahoo.com

Website: liorabellydance.com (with class info, events, calendar, links to videos and articles, etc.)

Facebook: Liora's Bellydance Classes Facebook Group (FYI can also search "Liora's Bellydance Classes") <https://www.facebook.com/groups/742639662422910/>

Basic Moves: Here is a basic checklist of moves (isolations and footwork) that comprise the foundation for bellydance. They're listed in the order that I generally teach them, though I may change the order up to fit a combination I want to teach. 😊

Week 1

- Chest slides (side to side, forward-back)
- Hip slides (side to side, forward-back)
- Chest lifts and drops
- Pelvic tucks, releases, and drops
- Hip twists
- Hip ups and hip downs
- Hip shimmy
- Basic Egyptian

Week 2

- Hip figure 8s (horizontal: front to back and back to front)
- Hip circles (exterior hip circle)
- Chest squares and hip/pelvic squares
- Chest circles (horizontal and vertical)
- Omis (interior hip circle)
- Arabic (flat-footed and on the ball)

Week 3

- Mayas
- Taksims
- Snake arms
- Head slides
- Sharki step

Week 4

- Upper body undulations (camel)
- Hip bumps
- Shoulder hits and shoulder shimmies
- Choo-choo (Tribal)
- Double Bumps (Tribal)

Week 5

- Knee shimmy (Egyptian)
- Hip drop-kick
- Shoulder rolls
- Grapevine
- Arabic 2

Week 6

- Hand floreos
- Hand ripples
- Pelvic undulations (regular and reverse)
- Arabic hip-twist

Week 7

- Walking hip circle
- Traveling hip twists
- $\frac{3}{4}$ shimmy
- 3-step turn

Week 8

- Tribal snake arms (with taksim)
- Tribal floreos (with taksim)
- Bodywaves (down and up)
- Belly rolls
- Paddle turns (Tribal)

Extras (time permitting)

- Double Back (Tribal)
- Choo-choo shimmy (Egyptian)
- Hagallah step
- Samiha step