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## Bellydance with Nicola

### Beginning Raks Sharqi (Bellydance) 2009/2010

*This is a summary of the movements, steps, and isolations I typically teach in 10 class studio-based sessions. This curriculum is adapted from the Cassandra School of Bellydance in Minneapolis, MN, as well as Hadia's beginner content as recommended in her Teacher Training courses.*

*Each level requires about one dance season's commitment (3-4 sessions in the studio) for the average student to master. Progress is dependent on aptitude, ability, dedication, practice, attendance, and fitness level. My Beginning level studio class is approximately equivalent to other instructors' "beginner 1" plus "beginner 2" classes. This is a comprehensive course that will provide a solid grounding in essential, fundamental techniques in Egyptian dance, allowing students to progress into intermediate, and transition into other instructors' classes easily.*

*Introductory or "foundation" level classes will include a portion of the Beginning syllabus, with no finger cymbals technique.*

**Supplies:** water bottle; notebook and pen; stretchy pants, any length (non zip); tank /sleeveless top with stretchy over layer top (for warmth); thick cotton socks or dance slippers (optional); one set of Saroyan, Turquoise or Zildjian brand finger cymbals (optional at Body Balance class); hip sash, scarf, or shawl

**Recital:** Black stretch top, any sleeve length, straight or slight A-line ankle length skirt (to be discussed in class) plus decorated hip scarf. Choreography will be a pop style dance. Preparation begins in January. Recital participation is voluntary but encouraged, and will combine all 3 beginner classes on stage in one dance.

#### **Curriculum:**

**Rhythms:** malfuf, chiftitelli, little masmoudi/baladi. We will do drills and combinations to these. *The following is a general outline, and may be changed at my discretion. All classes include some review. In the fall session, these movements are broken down in detail one by one. In following sessions, we spend less time on breakdown and more time on combining these movements, interpreting them with music, and varying their size and speed.*

#### **Class 1**

- Neutral Posture/position
- Egyptian thigh shimmy and thigh pushes
- "veil" arms ("sweater" arms)
- circular arms, parallel arms
- Basic Egyptian forward, backward (first variation)
- basic open/close pattern of torso
- shoulder rolls
- 1st-6th arm positions;
- 1st, 2nd, 4th, 3rd arm combo (waterfall arms)
- 4-part Egyptian arm combo
- transition from diagonal to diagonal of room (forward & backward)
- side-to-side diagonal undulation

#### **Class 2**

- intro to zills ; explore & experiment
- hip isolations--out, in; up, down
- basic walk
- slow hip shimmy

#### **Class 3**

- 1-1/2 pose ("goddess" pose)
- lift and drop hips (up & down on one side)
- m, n, o hips

- small hip circle
- cross-point step
- shoulder shimmies & accents
- snake/serpent arms; classic arms
- zills: 3-3-3-3 (triplets or gallop)

#### **Class 4**

- rib isolations
- beginning undulations--mid/lower camel, pelvic roll/reverse camel, rib circles (Egyptian, upper camel)
- zills: 3-7-3

#### **Class 5**

- basic Egyptian with 3-point turn
- agitation, single hip twists
- basic Arabic (side step)
- hand ripples, wrist circles
- zills: 3-3-7

#### **Class 6**

- horizontal 8 hips (2 variations: flat front, diagonal) front to back, back to front
- large hip circle ; front half circles, back half circles

#### **Class 7**

- basic Egyptian, 2nd variation forward, backward
- Egyptian diagonal (flat-ball side travelling step; Ghawazee step) --8 count, 4 count, 2 count, single
- review & combinations

#### **Class 8**

- step ball change (triple, shuffle, or “skipping” step)
- slow 3/4 shimmy (up, down, out) on the spot
- vertical upward and downward hip 8’s
- review & combinations

#### **Class 9**

- grapevine--forward/backward (box step, scissor step, raks sharqi step); side to side
- hip drops with foot (“hip kicks”)
- basic stepping turns with end poses
- review & combinations

#### **Class 10**

- make up, review, combinations
- video footage (to view--location permitting)

*\*\*Drills, simple combinations, small-scale review (movements, steps & zills), corrections done week-to-week.*

#### **Finger Cymbal Patterns: over 4 counts**

3's — RLR RLR RLR RLR  
 3-3-7 — RLR RLR RLRLRLR  
 3-7-3 — RLR RLRLRLR RLR

“Mastered” means you can

- perform that Level’s steps and movements correctly, consistently, at different speeds and sizes
- switch sides easily
- shift from upper to lower body movements easily
- stop and start movements with ease
- work without breakdown of those movements
- recognize them visually on any body, including your own