



Bellydance with Nicola

Syllabus ~ Beginning Intermediate

Raks Sharqi (Bellydance) & Middle Eastern Dance

Updated: 2009/2010

Nicola

Phone: 957-7520

Email: nicolaraks@mts.net

OR belydanc@mts.net

www.nicola-bellydance.com

This is summary of the steps, movements, primary combinations, rhythms, embellishments and styles I will be teaching over the course of a dance season, at this level. You will need to master* most to all of this before you are ready to progress to Intermediate. You must also have mastered ALL Beginner content, including zill patterns, before progressing to middle or upper intermediate classes.

These steps, movements, and concepts are not taught according to a weekly, repeating lesson plan, but based in the basic rhythms or as examples of styles, with review and repetition as deemed necessary

Supplies:

as per Beginning Basic, plus veil (For dancers under 5'7", 2.5 metres of high-quality chiffon; for dancers above 5'7", 2.75-3 metres. Fabric should be minimum 45 inches wide. Hemmed or serged edges. Undecorated.)

Recital:

Choreography will be taught for June recital--raks sharqi w/ veil and drum solo. Costuming is to be decided with the class. Preparation begins in September.

Curriculum:

Rhythms: by the end of this level you will be expected to identify & describe: (from level 1) malfuf, chiftitelli, little masmoudi/baladi; PLUS saïidi, big masmoudi

Zills: Zill rhythms: continuing from Beginning Basic--must be comfortable, and know by heart at multiple speeds; plus 3-5-1-3, 3-5-5, 2's/doubles/runs, 3-1-3-1-3

Styles: basic Ghawazee, basic Khaleegi, basic Saiïdi--specific steps will depend on class progress; basic taksim; you are responsible for recording what we do and how

Veil: American style tucking, unveiling, and dancing w/ veil--including basic tucks (Egyptian toga, double hip, hip/shoulder, butterfly, over the arm, scarf), comet, sandwich, tosses, matador, twirls, bracelets, neck

stash, shawl drapes, swoops; Egyptian entrance w/ veil Movements/Primary Combinations or Concepts:

Movements and Primary Combinations:

ALL LEVEL 1 CONTENT PLUS...

- 3/4 shimmy (up, down, out)-- on the spot, walking
- F/B grapevine (box step) w/ shimmy, w/ hip accents (push, twist, lift, circle, half-8)
- travelling and turning hip circles
- walking horizontal figure 8's, forward and backward
- foldover hip circles
- large back hip circles (Dina style)
- turning hip drop & foot/hip kicks
- travelling thigh pushes
- basic Egyptian to the side, w/ thigh pushes
- hip slides
- full camel, walking camel
- walking pelvic roll/reverse camel
- basic Arabic w/ shoulder rolls, camel, shoulder shimmies, up & down hip accents, hip twist accents



Bellydance with Nicola

Beginning Intermediate, Cont'd

- step-ball-change "baladi shuffle" forward and back, w/ ribs, w/ hip, w/ undulation
- jewel --variations 1 and 2 (diagonal 8 +twist F/B; front half circles with U/D)
- head slides w/ arm movements
- down hip "locks", on the spot
- "gushes"
- sits
- stepping turns—1, 2, 3, 4, etc.
- Egyptian diagonal w/ hip accents and arms
- low Arabesques ("open the curtain")
- "baby" turns
- sways/leans
- drops (heels & knees)
- lifts (feet, knees, chest)
- one-sided figure 8 hips--vertical, F/B
- "trampoline" or "marshmallow" walk, w/ and w/out shoulder shimmy
- shoulder shimmies w/ arms variations
- hip circles w/heel drops
- accented diagonal 8's
- circular travelling full undulation (around self) — flat-ball-ball foot pattern
- twisting 3/4 shimmy—slow, on the spot (forward, up, down)

*"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
- perform undulations, 8's and circles that are full, complete, and smooth; isolations that are clean, precise and sharp; and shimmies even
- work at any tempo requested

~Nicola, 2009 - 2010 season