

**Foundation Movements/Steps
Introduction to Egyptian Raks Sharqi (Belly Dance)
with NICOLA
(2009-2010 Classes)**

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This class is intended as a gentle introduction to some of the fundamental techniques of belly dance. It is ideal for those with limited dance experience or health issues. The focus is on exploring and experimenting with what your body is capable of, enjoying belly dance movement, and potentially preparing to join beginner classes .

Below is listed the steps and movements, by name, that I will usually teach in an introductory session. This list is about 1/3 of what I would normally teach in a studio-based beginner 10-week session. Pacing is approximate and based on class progress. Students are encouraged to keep their own notes to best remember how to do the steps and things to watch out for.

It is strongly recommended that you repeat this level 2-3 times until you are comfortable with the steps and movements, can remember them, and understand how you are supposed to do them, before you enroll in beginner or continuing beginner levels.

dance demonstration (by Nicola)

basic walk

basic posture (Neutral Posture)--with foot variations (staggered, 1-1/2 pose, open stance)

essential arm positions + basic combinations

circular & parallel arms

shoulder rolls (back)

shoulder accents and shimmies, with hand and arm variations

Egyptian thigh shimmy & pushes--with foot variations

out & in hips, and moving with (turning, walking)

basic transitions between diagonals of the room

Basic Egyptian travel step

hand/wrist circles

agitator hips--single twists; sustained; stepping and turning

serpent/snake arms

hand ripples

basic, large hip circle

8 hips--diagonal forward, backward; vertical upward, downward

hip lift & drop, + m /n hips; u/w /v (time permitting)

pelvic rotation + single hip rotation (O hips)

rib isolations + circles--up, down, side, out, in; torso circle, upper camel/waterwheel,

Egyptian side-to-side upward 8 /diagonal undulation (done in warm up/cool down)

stepping turns (flat feet)