



Bellydance with Nicola

Syllabus ~ Intermediate

Raks Sharqi (Bellydance) & Middle Eastern Dance 2009/2010

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This is summary of the steps, movements, primary combinations, embellishments, variations, rhythms, 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 Advanced. You must have mastered * Beginner Basic and be comfortable with Beginner Intermediate to enroll in Intermediate. This includes zill patterns and veil techniques. I do not use a weekly, repeating lesson plan, but we dance based in the basic rhythms, with review and repetition as deemed necessary. We will also look at the contributions of major-name dancers to the genre, and their interpretations of various rhythms and styles, and their "signature" steps. This isn't listed in the order to be taught. This list is subject to change as we use adaptive approaches. We will also go over the basics of creating your own choreography. You will be doing regular solo, partner, and small group work, completed and presented in class.

Supplies for Intermediate:

As per Beginning Basic and Intermediate, PLUS:

- 1 silk veil,
- 1-2 chiffon veils,
- gold or silver plastic Egyptian dance cane with crook,
- zills (Saroyan, Turquoise, or Zildjian brand),
- noiseless hip scarf.
- one exercise band or old pair of tights/stockings

Recital:

Choreography will be taught for June recital-- cane, drum, and pop or sharqi (3). Students will also be strongly encouraged to submit a solo or duet for the recital. Costume to be decided with class.

Curriculum:

Rhythms: everything from level 1 and 2, plus-- maqsum, khaleegi, big masmoudi (all 3 variations); more as needed

Zills: level 1 & 2 rhythms plus spinning runs; drum-based patterns

Styles: : Khaleegi, Saiidi w/ and w/out cane, Ghawazee, continuing baladi, shaabi, raks sharqi; taksim, drum solo technique; floor work

You are responsible for recording what we do and how

Veil: all level 1 & 2 moves plus new tricks as they come up; veil entrance w/ zills



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Syllabus ~ Level 3 (Intermediate), Cont'd

Movements and Primary Combinations:

ALL BEGINNING BASIC AND INTERMEDIATE,
PLUS:

- basic Arabic in a circle-- w/ hip twist, w/ undulation, w/ torso pull/pelvic drop
- f/b grapevine (box step) w/ undulation, shimmy
- backward torso circle & 8's
- safe backbends & alternatives
- Full body wave
- maia
- airplane turns w/ and w/out veils
- belly rolls
- travelling down hips (Suhair Zaki hips)
- "Reda" hips
- accented vertical 8's
- asymmetrical/one-sided shimmies ("Elvis" shimmies)--w/ weight, off weight
- camels w/ diagonal 8 hips
- circle step--hip centred, feet centred/variations 1 and 2
- down 3/4 shimmy
- full backbends
- Hadia's "yeehaw" step
- high Arabesques
- hip circles w/ twist
- hip drops & undulations w/ sit
- hip lift & drops on one foot
- hip shimmies w/ hip circles, 8's
- Jewel variations 3 and 4 (and more...)
- Moroccan shimmies
- pelvic drops
- reverse basic Arabic in circle w/ pelvic rotation/small circle
- scooting shimmy
- shifting hip twists
- shoulder shimmies w/ torso circles and undulations
- single maia and vertical 8's
- sustained spins
- torso pulls/tucks on one foot
- travelling maia and vertical 8's
- vibrations
- waist pinches / torso tucks
- walking forward 8's w/ shimmy (Fifi hips)

**"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