



## Bellydance with Nicola

### How to Practice Belly Dance in the Comfort of Your Office Chair

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So now that my office is a bit more private I've taken to establishing a 'chair bellydance drills' routine. It made me think if you have classes with participants who sit in a chair at a computer all day, that they might want to be challenged to figure out how they can bust a 'chair belly-dance' move! Some of the things on my list are:

- head slides
- hair flips
- shoulder shimmy, moving shoulder shimmy
- shoulder rolls
- snake arms
- water wave hands
- paint brush hands
- chest circles, chest pops, chest slides, chest figure 8s,
- chest half circles
- water wheels
- boobs on a plate
- posing upper body in various ways
- sitting saidi step (good quad and thigh workout!)
- trace figure 8s on floor with foot or in air
- ankle rolls

I'm sure there are tons more!!!

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