

**October 15 2012 - Belly Dance Lesson**  
Choreography to Alf Leyla Wa Leyla - (1001 Nights)

Side Stretch- grab wrist and  
push hip straight down into floor- 4x each side slow and fast  
Triceps Stretch  
Shoulder Stretch: arm across chest  
Hamstring Stretch  
Glute Stretch- grab ankle up pull up to hip  
Bend knees, up on toes, straighten legs, flat  
Find balance on releve: R with left foot hovering and L

**Technique**

Rib cage isolation : Front, side back, side - shoulders are not moving  
Chest Lift: lift from diaphragm- up down- not forward, lift and drop  
Arm isolation: rotate shoulder forward, so palm is up  
Shoulder elbow wrist palm knuckles- smooth out work from shoulders - isolated  
Hands: wrist circles out and in- like hand in a jar  
Hip Circle: Forward, side, back, side, - even circle - change direction,  
Travel with hip Circle  
Hip Bounce: on ball of foot, lift hip up into rib cage and lift and drop (both sides)  
Horizontal figure 8- twist, out to side , back - slight bend in the knees  
Vertical Figure 8- down, out,up, in - dont twist  
To isolate further, keep feet flat on floor  
Egyptian shimmy- bend and straighten from the knees using quads- speed it up even rhythm  
check position by bending over forward, slightly  
Shoulder shimmy: push shoulder forward and back, and alternate sides, relaxed  
Hip Side Hits: use hip flexors and knees,push hips to the side, keep energy coming up and in  
doubles each side  
Soaz Pull: pull in lower abs, feel stretch in lower back  
Camel, Lift up with diaphragm push stomach out , pull hips back  
To the sides - on the diagonal  
While Traveling

1. Hip Side Hit R L R  
Vertical Figure 8 L R  
Hip Side Hit L R L  
Vertical Figure 8 R L  
Hip Side Hit R L R  
Horizontal Figure 8 L R  
Hip Side Hit L R L  
Horizontal Figure 8 R L  
3 R Hip lifts  
2 camels L  
3 L Hip Lifts  
2 camels R

2. Egyptian shimmy 4 cts  
 Step L R L R front back with Shoulder shimmy  
 L Side step with vertical figure 8 R 2x  
 3 Step Turn Left, Pose  
 Egyptian Shimmy 4 cts  
 Step R L R L front back with Shoulder shimmy  
 R Side step with vertical figure 8 L 2x  
 3 Step Turn Right, Pose
  
3. Hip Bounce R, 2x  
 Camel 2x  
 Hip Bounce L, 2x  
 Snake Arms 2x  
 Camel Step on back L R 4 counts  
 Ball change  
 Twist L R, Step back Camel R  
 Twist R L, Step back Camel L  
 Camel on diagonal L R  
 Traveling Hip circle Right 2x  
 3 Step Turn Right
  
4. Camel 2x stomach accent on beat to R  
 Camel 3x stomach accent on beat to L  
 Hip circle L, pull in from soaz on accent  
 Hip circle R, pull in from soaz  
 Demi plie with legs together with snake arms
5. Step R- lift into vertical figure 8 - R L R L  
 Step R L R  
 Camel, with step back  
 Step L lift into vertical figure 8 - L R L R  
 Step L R L  
 Camel, with step back
  
6. Camel on R foot forward 2x with a wrist roll  
 Camel on L foot forward 2x  
 Camel on R foot back  
 Camel on L foot back  
 Turn R, 3 step
  
7. Shimmy 4 count then Heel tap, to front, left, back, right  
 Shimmy Front 6 counts heel tap  
 Push out L Lift hip up- shimmy  
 Push out R Lift hip up shimmy  
 Push out Forward L Lift hip up shimmy  
 Push out back R Lift hip up shimmy  
 Hell Tap shimmy  
 Push back R lift hip up 2x- hand are together  
 Turn R  
 Push back L hip up 2x- hand are together  
 Turn L  
 Pop chest - and pose

