

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

