



Belly Dance Amethyst Term 3, 2020 (20th July – 26th September)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 am  Loosen-up @ Lunch Open level - Claire		11 am  Loosen-up @ Lunch Open level - Claire		10 am <i>Mini Shimmy</i> Children- Claire
6 pm <i>Song of Seraphim</i> Gothic Improvisation Intermediate – Annie	6 pm Beginners- Nicole ~~~~~ <i>Illumination</i> (Fusion) Intermediate- Myra	6 pm Beginners – Claire	6.30 pm Dancer Conditioning Open – Hayley	6.30 pm Babylonia Tribal Format <i>Technique and Skills</i> - Solange	11 am Beginners- Claire
7.15 pm <i>Toxicity</i> Gothic Saïidi Advanced - Lorraine	7.15 pm <i>Immortal Desires</i> Classical – Jillina Choreo Intermediate- Myra	7.15 pm  <i>Mâsar</i> Intermediate/Advanced – Eliza	7.45 pm Temple Fusion Intermediate – Claire	7.30 pm Babylonia Tribal Format <i>Fast Moves & Formations</i> - Solange	12.15 pm  <i>Dance Technique</i> Open Level – Zoom available
					1.30 pm TBA (veil) Intermediate - Claire

Satellite Studios

10 am Bridgewater  TBA (veil) Intermediate- Claire	6 pm Parafield Gardens Beginners- Claire		7 pm Bridgewater  <i>La Cumparsita</i> (Oriental) Open Level- Kate		
	7.10 pm Parafield Gardens  <i>Tribalesk</i> Intermediate- Claire				

 This symbol highlights classes where Zoom attendance may be an option

*Parafield Gardens classes TBC.

**All classes may be subject to change, students will be notified as soon as possible of any changes.

*** All classes currently capped at 10 students maximum, unless otherwise specified. Please contact studio to inquire if Zoom is an option.

**** Classes will only run with a minimum of 4 fully paid enrollments.

CLASS DESCRIPTIONS

BEGINNERS

The Beginner's course is suitable for dancers who have never tried belly dance, or other dance forms, before whilst also being available to those with experience who would like to revisit their base techniques. Each week will focus on the mechanics of fundamental belly dance technique, gradually building moves into a choreography. Learning a choreography is a rewarding way to put your new skills into practice, when permitted, the studio holds an end of term hafla (party) and all students are given the opportunity to join their teacher and class in performing the piece they have worked on. There is no pressure to perform!!!

LOOSEN-UP @ LUNCH

This class is attended mostly by online students, via Zoom. If you would like to attend but prefer to learn in the studio, contact Claire to see if this is possible. Classes will vary in content and style, each lesson focusing on a particular technique and putting it into a combination. Classes run for 40 min. Signing up for one of these classes will give you access to both Tuesday and Thursday classes.... 2 for the price of 1!!!

Monday 6pm

HOST OF SERAPHIM

Intermediate

Learn slow moves from the Mandragora Gothic Improvisation Format, in partners (adhering to 1.5m distancing guidelines, partner work is non-contact), for fade and mirror-opposite work. This term the moves will form a choreo to "Host of Seraphim" by Dead Can Dance, an emotive and theatrical piece that requires controlled slow movement and attuned stage presence. Participants are expected to know some of the basics of MGif or are willing to learn through the choreography. Optional floor work.

Monday 7 pm

TOXICITY (System of a Down)

Advanced Gothic Fusion

Combining Gothic Fusion with Saiidi, a unique concept that is sure to hold the usual power of any of Lorraine's choreographies. The music is intense and the dance requires a cane, so if you have not had experience with Saiidi this is not recommended for you. Knowledge of Gothic formats is recommended.

Tuesday 6

ILLUMINATION

Intermediate

A hypnotic rhythm track, inspiring a movement meditation style fusion choreography.

Tuesday 7.15

IMMORTAL DESIRES

Intermediate

A classical Oriental style choreography by world renown dancer/choreographer, Jillina. Myra learnt this choreography at a workshop she attended with Jillina, when she was in Adelaide.

Parafield Gardens, Tuesday 7.10 pm

TRIBALESK

Intermediate

Delving into the feel of tribal style belly dance, exploring the difference in posture and execution of moves. This will be a choreography inspired by the format of Fat Chance Belly Dance, but creating some of its own rules. Track TBA. *Zoom option may be available

Wednesday 7.15 pm

MASAR

An intermediate/advanced, classical oriental style belly dance choreography. The music is *Mâsar*, by Le Trio Joubran. Expect drama and sass, as is the way with Eliza's choreographies. Maximum of 7 students. *Zoom option may be available

Thursday 6pm

DANCER CONDITIONING

Open level

This class is perfect for the dancer wanting to take their practice to the next level, or perfect their technique for stage. This is also a great class for anyone after body conditioning and fitness. Hayley has a wealth of experience in performance and dance. In this class she will be directing focus towards the dancer's feet, balletic arms and flexibility. Limited places, 7 students maximum.

Thursday 7.15 pm

TEMPLE FUSION

Intermediate

Inspired by the various Indian Temple Dance, this fusion dance will combine posture and gestures of Temple Dance with belly dance. Calling the dancer to build strength and poise, generating a calm intention with each move and may be used as a moving meditation in your own dance practice. As the term progresses, you will learn a short series of combinations that may be used in a follow the leader style improvisation or to create your own choreography. Limited spaces, 8 students.

Bridgewater, Thursday 7pm

LA CUMPARSITA (Mario Kirlis)

Open level

This term's Oriental belly dance choreography has an edge of tango, focusing on the use of accents and flourishes to bring drama to your performance. *La Cumparsita* gives intermediate dancers a chance to refine their technique while still being a choreography that is suitable for less experienced dancers. *Zoom option may be available

Friday, 6.30 pm

BABYLONIA TRIBAL FORMAT

Intermediate

Focusing on technique and skills used in dancing the Babylonia Tribal Format.

Friday, 7.30 pm

BABYLONIA TRIBAL FORMAT

Intermediate

This second hour will focus on moves in the fast repertoire of Babylonia Tribal Format, as well as exploring formations. The last 20 min of class will be dedicated to practicing the “Chiller Thriller” choreography that was available in term 2, 2020.

Saturday

TECHNIQUE & 8x8

Open Level

Each week this class will explore different areas of belly dance technique, breaking down the mechanics and how they can be implemented into your dance practice. The technique visited will then be put into practice, a unique combination of moves covering 8 counts of 8 (8x8). Instructors may vary and belly dance genres may also vary. *Zoom option available

Bridgewater Monday 10am & Amethyst Studios Saturday 1.30 pm

VIEL

Students attending this class will be required to bring their own veil to class. Veils may be silk or chiffon.

A new choreography by Claire, exploring some new ways to utilise your veil and frame your dance. *Zoom option may be available