



Belly Dance Amethyst Term 4, 2020 (12th Oct – 12th Dec)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11 am ♪ Loosen-up @ Lunch Open level - Claire		11 am ♪ Loosen-up @ Lunch Open level - Claire		10 am Mini Shimmy Bollywood Children- Claire
6 pm Gothic Sword Technique Inter-Advanced (minimum 1 Term of Gothic Improv required) – Annie	<i>Faqir</i> (Fusion Sword) Intermediate- Myra	6 pm Beginners – Claire	6.30 pm Dancer Conditioning (continued) Open Level – Hayley	6.30 pm Babylonia Tribal Format <i>Slow Technique & Drills</i> - Solange	11 am Beginners- Claire
7.15 pm <i>Spartacus</i> Gothic Sword Choreo Advanced - Lorraine	7.15 pm <i>Electro-dabke</i> – Jamal Zraika Intermediate- Myra	7.15 pm ♪ <i>Mon Ami La Rose</i> (French inspire Oriental) Intermediate/Advanced – Eliza	7.45 pm Temple Fusion Improv Intermediate – Claire	7.30 pm Babylonia Tribal Format <i>Fast Technique & Drills</i> - Solange	12.15 pm ♪ <i>Dance Technique</i> Open Level – Zoom available some weeks
					1.30 pm <i>Nami Nami</i> (Oriental) ♪ Intermediate - Claire

Satellite Studios

10 am Bridgewater ♪ <i>Nami Nami</i> (Oriental) Intermediate- Claire	6 pm Parafield Gardens Beginners- Claire		7 pm Bridgewater ♪ <i>Presidente</i> (Balkan Fusion) Open Level- Kate		
	7.10 pm Parafield Gardens ♪ <i>Belbly</i> (Drum Solo) Intermediate- Claire				

♪ This symbol highlights classes where Zoom attendance may be an option

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

** Please contact studio if you wish to access a class via Zoom.

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

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 and, when permitted, the studio holds an end of term Hafla (party) giving all students 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 predominantly for 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

GOTHIC SWORD TECHNIQUE

Intermediate-Advanced

Focusing on the technical aspects of dancing with a sword, in the Gothic style, this class will be building on MGif (Mandragora Improvisation Format) incorporating sword. Participants are expected to know some of the basics of MGif, so one term of Gothic Improv is a minimum requirement. If you are keen to attend but haven't done Gothic Improv before, please speak to Annie.

Monday 7 pm

SPARTACUS

Advanced Gothic Fusion

'Spartacus', choreographed and performed by Mandragora duo Annie and Lorrarei, in Belly Dance Amethyst's 2017 Fringe show, Sultan's Secret Door. Lorrarei will be teaching this strong routine in which the sword may be used either left or right-handed. Knowledge of Gothic format and sword experience is recommended.

Tuesday 6

FAQIR

Intermediate

A dramatic, original Fusion Sword choreography, by Myra.

Tuesday 7.15

ELECTRO-DABKE

Intermediate

Myra's stage ready drum solo choreography features chorus line formation with small groups featuring for accent sections and fan veils for extra drama in this classic drum solo to Electro-dabke by Jamal Zraika.

Parafield Gardens, Tuesday 7.10 pm

BELBLY

Intermediate

An energetic and playful drum solo, choreographed by Claire. Be prepared to try some new accents and experiment with your shimmies! *Zoom option may be available

Wednesday 7.15 pm

MON AMI LA ROSE

A cheeky French-inspired Oriental number. Playful and elegant, with un peu de fromage 😊

A new choreography by Eliza. *Zoom option may be available

Thursday 6pm

DANCER CONDITIONING

Open level

Continuing from Term 3...

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.

Thursday 7.15 pm

TEMPLE FUSION

Intermediate

Inspired by the various Indian Temple Dances, this fusion dance will combine posture and gestures of Temple Dance with belly dance. Calling on the dancer to build strength and poise, generating a calm intention with each move, this form may be used as a moving meditation in your own dance practice. Building on the vocabulary from term 3, we shall explore formations and transitions, honing technique and adding extra slink.

This Temple Fusion improvisation format has been devised by Claire.

Bridgewater, Thursday 7pm

PRESIDENTE (Goran Bregovic feat. The Gipsy Kings)

Open level

Energetic Balkan rhythms evoke the spirit of Eastern Europe in an upbeat choreography blending tribal combinations with swirling skirts and flourishes. This engaging, dramatic dance gives experienced dancers an opportunity to work on stage presence while still being achievable and fun for less experienced dancers.

*Zoom option may be available

Friday, 6.30 & 7.30 pm

BABYLONIA TRIBAL FORMAT

Intermediate

Focusing on technique and skills used in dancing the Babylonia Tribal Format to both fast and slow tempos.

Saturday 12.15 pm

TECHNIQUE

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, using unique combinations of moves. Instructors will vary and belly dance genres will also vary. *Zoom option available

Bridgewater Monday 10am & Amethyst Studios Saturday 1.30 pm

NAMI NAMI

Nami Nami, this version of the Arabic/Lebanese lullaby is by Azam Ali. Allow yourself to be transported into a dreamlike state with this undulating track and soothing vocals. The track begins with a hypnotic taksim, with improvisation encouraged but not required. Our standard belly dance moves will be enriched and pushed with extra focus on technique and adding extra muscular aspects to moves we take for granted. A new choreography by Claire. *Zoom option may be available