



# Belly Dance Amethyst Term 2, 2021 (26<sup>th</sup> Apr – 3<sup>rd</sup> Jul)

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 Veil</i> Children- Claire
6 pm <i>Reptile's Theme</i> Gothic Fusion Inter-Advanced – Annie	<i>River Goddess</i> Candle dance Intermediate- Myra	6 pm Beginners – Claire	6.30 pm Dancer Conditioning (continued) Open Level – Hayley	6.30 pm Babylonia Tribal Format <i>Fast Technique &amp; Drills</i> - Solange	11 am Beginners- Claire
7.15 pm <i>Silence</i> Gothic Fusion Advanced - Lorraine	7.15 pm <i>Marco Polo</i> Isis Wings Intermediate- Myra		7.15 pm  Oriental Intermediate/Advanced – Eliza	7.30 pm Babylonia Tribal Format <i>Choreography continued</i> - Solange	12.15 pm  <i>Dance Technique</i> Open Level – Zoom available some weeks
					1.30 pm <i>Voi (Fusion)</i>  Intermediate - Claire

## Satellite Studios

10 am <b>Bridgewater</b>  <i>Saidi</i> (Oriental) Intermediate- Claire	6 pm <b>Parafield Gardens</b> Beginners- Claire		7 pm <b>Bridgewater</b>  <i>Gypsy Passions</i> Theatrical Fusion Open Level- Kate		
	7.10 pm <b>Parafield Gardens</b>  <i>I Wanna Dance</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, 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 predominantly 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!!!

## **Bridgewater Monday 10am**

### **SAIDI CANE**

Revisiting a choreography from a couple of years ago, this class will be dancing with canes, or assaya. Originating from Southern Egypt, Saidi is a fun and bouncy genre of belly dance. This is a choreography by Claire, suitable for intermediate level dancers

\*Zoom option may be available

## **Monday 6pm**

### **REPTILE'S THEME**

Intermediate-Advanced

a medium to fast paced Gothic Fusion choreo by Annie, with some Mandragora Gothic Format moves and formations. The song is Reptile's Theme by Skrillex. It will have lots of cheese, and some costume requirements. Intermediate-Advanced. No prior gothic required

## **Monday 7 pm**

### **SILENCE**

Advanced Gothic Fusion

an advanced choreography by Lorraine, the music is Silence by Retrosic. Taking on a nocturnal twist to dancing with wings, this is not a Isis Wing choreo!

## **Tuesday 6**

### **RIVER GODDESS**

Intermediate

Myra has choreographed a beautiful routine involving candles for this term. Intermediate.

**Tuesday 7.15**

**MARCO POLO**

Intermediate

A new choreography by Myra, with the show stopping prop, Isis Wings. Isis Wings are large, usually pleated, wings attached to the dancer's neck or shoulders. With an extended wingspan this prop demands attention!

**Parafield Gardens, Tuesday 7.10 pm**

**I WANNA DANCE**

Intermediate

An energetic and playful drum solo, music by Artem Uzunov, adapted from a choreography by Phynia (Perth). We began learning this choreography last year... and then classes were cancelled. Welcoming the cooler months, we will experiment with shimmies and accents and perhaps introduce a veil entrance.

\*Zoom option may be available

**Wednesday 7.15 pm**

**TBC**

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.

**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 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. 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**

**GYPSY PASSIONS**

Open level

Inspired by the boulevards of Paris during the Belle Epoque, this term's theatrical fusion choreography explores portraying emotion through dance. From slow and sinuous moves conveying heartfelt longing to cheeky flirtatious touches, this dance gives intermediate dancers a chance to add drama and playful nuances to their repertoire, while still being manageable for less experienced dancers. (Music Gypsy's Lament and Gypsy Boulevard by Le Petit Orchestre de Café Paris) *Warning: there may be parasols or canes involved (to be confirmed)!*

\*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. **Let's Play** – A choreography inspired by a fun track, in which students will be given tools to collaborate with each other. Choreography based in the Babylonia Tribal Format. Will be taught over 2 terms. Intermediate

**Saturday 10 am**

**MINI SHIMMY**

Mini Shimmy is a class dedicated to children of Primary School age. Learning the foundations of belly dance steps and putting the moves into a fun choreography. The children have requested a challenge this term and will be experimenting with double veil!

**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

**Saturday 1.30 pm**

**VOI**

Claire introduced Voi to Belly Dance Amethyst in 2011, as her debut to teaching. The prop involves attaching a standard sized silk veil to a length of ball chain, this is then attached the one of the dancer's hands and used as per a belly dance veil and also incorporating poi spinning techniques.