



Belly Dance Amethyst Term 3, 2021 (19th Jul – 25th Sep)

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>Mandragora Format</i> <i>Gothic Improv</i> Gothic Fusion Inter-Open – Annie	6 pm <i>Peace Mantra</i> FCBD inspired Intermediate- Myra	6 pm Beginners – Claire	6.30 pm Dancer Conditioning Open Level – Hayley	6.30 pm Babylonia Tribal Format <i>Halloween choreography</i> - Solange	11 am Beginners- Claire
7.15 pm <i>Witches (Halloween)</i> Gothic Fusion Advanced - Lorraine	7.15 pm TBA Classical Oriental Intermediate- Myra		7.15 pm  Oriental Intermediate/Advanced – Eliza	7.30 pm Babylonia Tribal Format <i>Thread by Thread, the</i> <i>tapestry is complete</i> - Solange	12.15 pm  <i>Dance Technique</i> Open Level – Zoom available some weeks
					1.30 pm <i>Ishq Voi (Fusion)</i> continued Intermediate - Claire

Satellite Studios

10 am Bridgewater  <i>Temple Fusion</i> Intermediate- Claire	6 pm Parafield Gardens Beginners- Claire		7 pm Bridgewater  <i>Nebtidi Mnain El Hikaya</i> Oriental Open Level- Kate		
	7.10 pm Parafield Gardens  <i>Let your skirt fly!</i> 25yd Skirt 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

TEMPLE FUSION

Open-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. The Temple Fusion improvisation format has been devised by Claire, this choreography will be inspired by these combinations Music TBA.

*Zoom option available

Monday 6pm

MANDRAGORA FORMAT GOTHIC IMPROV

Open-Intermediate

There will be Leader position roles with the expectation of learning fades and some group transitions.

Both fast and slow (song to be decided with the class).

Monday 7 pm

WITCHES

Advanced Gothic Fusion

This choreo will be in preparation for a Halloween performance. Dancing to Switchblade Symphony – Witches, choreography by Lorraine.

Tuesday 6

PEACE MANTRA

Intermediate

A FCBD inspired choreography, dancing to Tina Turner's Sarvesham Svastir Bhavatu (Peace Mantra). Intermediate.

Tuesday 7.15

Classical Oriental

Intermediate

A new choreography by Myra, music TBA

Parafield Gardens, Tuesday 7.10 pm

LET YOUR SKIRT FLY

Intermediate

Get ready to spin and flounce those big 25 yard skirts about! A joyful choreography designed to be danced as a group, and will be a lot of fun!

*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

Bridgewater, Thursday 7pm

NEBTIDI MNAIN EL HIKAYA

Open level

With a lyrical veil entrance, a dynamic drum solo and classic Oriental combinations this choreography is a whole performance distilled into a single song. Through this dramatic piece we will be focusing on stage presence and flair, so grab a veil and lose yourself in the Arabic classic, Nebtidi Mnain El Hikaya (Where would our story begin?).

*Zoom option 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. The earlier class will be learning a choreography to be performed at our annual Amethyst Family Halloween Show. The later class will learn a choreography, 'Thread by thread, the tapestry is complete'. 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.

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

Intermediate-Advanced

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 to one of the dancer's hands and used as per a belly dance veil and also incorporating poi spinning techniques. Continuing on from term 2, working on voi technique and the completion of a beautiful choreography, 'Ishq – Love and the Veil'.