

## **Introduction To Belly Dancing Program – Learn 6 Basic Belly Dance Steps!**

Belly dance is a hip choice to get into shimmy shape dance and have lots of fun! Belly dancing compliments a women's' body and in this introductory course you will learn some of the basic movements of belly dancing to create your own belly dance. Each video teaches a belly dance specific movement.

Benefits: Belly Dancing engages the entire body in exercise and movement core strengthening abdomen and spine mental clarity, good posture & balance, enhances self-esteem, body awareness, reduces stress, joint and back pain is energizing and stimulates your brain and enhances the expressions of you and is lots of fun!

**Good posture:** stand with feet hip distance apart move up from the hips, shoulders are relaxed and down and bottom slightly tucked under your hips. Looking at yourself in the mirror-your shoulder, hip and ankle will be in alignment.

**Hip Circles:** Stand with feet hip distance apart- bend with soft bent knees and circle your hips to the right in a large circle. Move both arms to the right like you are wiping a table in front of you at the same time. Reverse Hip Circles to the left.

\*\*Belly Dancing teaches isolated movements. You move one part of your body without the other. You isolate body parts and move them without moving other parts of your body. This applies to both the hip and shoulder shimmy movement.

### **Hip Shimmy**

Stand with feet hip distance apart with soft knees (knees are slightly bent) straighten one leg and then the other without locking your knees or legs in place. Move your hips without moving your upper body or shoulders.

### **Shoulder Shimmy**

Stand up tall in good posture. Place your hands on the top of your legs for resistance as you twist your shoulders forward and back. You are twisting against your hands, so you get a larger more intense movement with your shoulders. Twist and move your shoulders faster forward and back.

When you are comfortable and can move your shoulders without moving your hips then you can release your hands from your legs.

### **Hip Lifts**

Stand with one foot in front of the other (forward) as if you are taking a walking step. Step forward on the right foot. Bend the front right leg. Slowly straighten the front leg without moving the standing leg. Do not straighten the front leg all the way. Bend and straighten the front leg and watch your right hip go up and down. Reverse these and move and step forward with the left foot. You will do a hip lift on the left leg. The right leg is the standing leg. Slowly straighten the left leg and bend and watch your left hip move up and down.

## **Traveling Step- 8 counts**

Walk forward 4 steps starting with your right. Step R step L step R Step L. Step forward on the right foot. Step on the left foot. (the left foot only takes a step it does not move) Step back on the right foot and step on the left foot. The left leg does not move in this step. The right leg moves forward and back.

Here are the steps: Walk forward R-L-R-L Step forward on R- Step L Back on R Step L

Walk 1-2-3-4-ROCK forward and back on the right foot 5--6-7-8

## **Snake Arms**

Raise one arm up with hand down and fingers towards the floor. When the arm is up you flip you hand up with fingers towards the ceiling. As this arm comes down you raise the other arm with the hand down and fingers towards the floor. Brin this arm down with fingers up towards the ceiling.

Alternate right and left arms up and down that look and flow like a snake!