

# Bellydance with Cerice and Mahsati Janan

## Dance Movements

## Practice Notes

### Basic Dance Posture

Stand with feet approximately shoulder width apart  
Knees are slightly bent  
Chest is lifted  
Pelvis is tucked to the neutral position (not pulled forward or back)  
Shoulders back  
Back straight, but not rigid  
Head up  
Arms at sides, but slightly away from body

### Basic 4/4 Shimmy

Hips up and down  
Can be counted in rhythm  
1 & 2 & 3 & 4 & or RL RL RL RL  
Can be done in place or walking

### Hip lifts

Can be done on either hip (similar to hip drops). Put the emphasis on the lift  
One hip is isolated and lifted using a combination of abdominal, gluteal and leg muscles

### Hip drops

Can be done on either hip (similar to hip lifts). Put the emphasis on the drop  
One hip is isolated and dropped using a combination of abdominal, gluteal and leg muscles

### Step hip

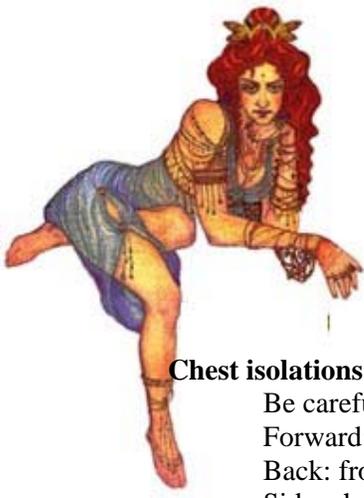
Traveling step  
If starting on right foot - Step forward with right foot, placing all of your weight on that foot  
Bring left foot (no weight) next to right foot and then left hip lift straight up  
Step forward with left foot, placing all your weight on that foot  
Bring right foot next to left foot and then right hip lift  
Repeat these steps to travel  
(A variation on this step is to bring the hip forward with a twist instead of straight up)

### Hip step

Traveling step  
If starting on right foot, right hip lift straight up, then step forward on right foot (placing all weight on this foot)  
Bring left foot even with right foot, then left hip lift, Step forward with left foot, placing all your weight on that foot  
Bring right foot next to left foot and then right hip lift  
(A variation on this step is to bring the hip forward with a twist instead of straight up)

### Head slides

Head side to side motion with face forward, no tilt to the head – chin and jaw stay level



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### **Chest isolations – only chest moves**

Be careful not to arch back during these movements

Forward: from basic posture, chest moves forward

Back: from basic posture chest moves back

Side: chest slides to right/left

Hips are kept still and shoulders are relaxed when executing these moves.

### **Hip isolations – only hips move**

Be careful not to arch back during these movements

Forward: from basic posture, hips move forward

Back: From basic posture, hips move back

Side: hips move to right/left staying very flat

Sways: large easy motion with hips side to side in a slight upward curve

Twists: Hips twist forward or back

Shoulders and upper body are kept still and relaxed when executing these moves.

### **Arm movements**

Snake/serpent arms

Can be done in front of body or out to sides, large or small

Each arm raises shoulder, elbow, then wrist

Each arm lowers shoulder, elbow, then wrist

You can think of the elbow leading the move

Try to do each arm separately and then together.

When doing both sides, think symmetrical

Wrist circles

Inside and outside circles

### **Hip circles**

Small and large

Flat

Ami (rocking small circle)

### **Chest Circles**

Horizontal

### **Traveling Steps**

Step-Together-Step

Step-Ball-Change

Grapevine (see detail below)

Big Easy Hips side to side



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## **Grapevine:**

Traveling step

If starting towards the left:

Right foot will step left crossing over & in front of left foot

Left foot will step left

Right foot will step left crossing behind left foot

Repeat

## **Figure 8's**

Horizontal (flat) – hips

Forward

Backwards

Vertical (Mayas)

Up

Down

## **Undulations**

Upper

Lower

Full body

Reverse

Walking

Remember to use your tummy muscles as much as possible for these moves

## **A few easy step combinations to practice:**

1. 4 Step hips forward, 8 counts of 4/4 shimmy, then 4 counts to turn to face away from audience
2. 4 step hips forward, double hips right, double hips left
3. Shimmy walk in clockwise circle taking 16 counts to come back to origin, grapevine counterclockwise taking 16 counts to return to origin
4. 4 easy hips walking forward (4 counts total), 2 full body undulations in place (4 counts each)



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### **Suggested Practice Music:**

George Abdo  
Hossam Ramzy  
Solace  
Anything middle eastern

If you bring a tape to class, we will record one of the songs we use in class for each of you to practice with.

***Please Save These Notes in Your Dance Notebook.  
We will be adding more pages as we include more dance movements and  
choreography.***