



Layering Essentials and Combinations

with Mahsati Janan

- Layering brings interest and complexity to your performances – using these concepts, you will be able to practice interpreting the music in new ways.
- Making the music visible is an incredible art and layering gives you the tools to include the most variety in each of your performances.
- Whether improvising or creating choreographies, adding layers brings more excitement to your performances.
- In this workshop, we will cover the concepts of musical interpretation, body segmentation, multiple movements, level changes, shimmies, and travel with layers.

1. Warm Up

2. Layering Concepts - Basic

- a. Musical Interpretation
 - i. Egyptian, Turkish, Lebanese, AmCab, ATS, Tribal Fusion
 - ii. What to layer and how many layers
- b. Body Segmentation
 - i. What parts of the body to isolate
- c. Multiple Movements
 - i. Doing multiple movements with the same body segment
- d. Level Changes
 - i. Add interest by raising and lowering
- e. Shimmies
 - i. 3 basic 4/4 shimmies and how to layer with them
- f. Travel
 - i. Moving around the stage

3. Body Segmentation

- a. Using different regions of the body
 - i. Head
 - ii. Arms
 - iii. Chest/Shoulders
 - iv. Abdomen
 - v. Hips
 - vi. Legs

- b. Practice Exercise #1
 - i. Start with alternating hip lifts
 - ii. Add arms coming up over head and down center
 - iii. Add chest lifts
- c. Practice Exercise #2
 - i. Start with large horizontal hip circles
 - ii. Add a bounce on each count
 - iii. Add arms alternately circling in front

4. Multiple Movements

- a. Using same body segments with multiple movement layers
- b. Practice Exercise #3
 - i. Start with chest slides horizontally
 - ii. Add chest lifts and drops
 - iii. Add shoulder shimmy
- c. Practice Exercise #4
 - i. Start with alternating hip drops
 - ii. Add horizontal hip circles
 - iii. Add alternating hip twists

5. Level Changes

- a. Raising or lowering the body
- b. Practice Exercise #5
 - i. Start with down vertical figure 8s (Mayas)
 - ii. Add a level change lowering
 - iii. Reverse figure 8s and level change

6. Shimmies

- a. Layering with different types of shimmies
- b. 3 kinds of shimmies covered today
 - i. *Classical Egyptian* (Obliques)
 - 1. Most useful when traveling, performing upper body lifts/drops, hip movements
 - 2. Least useful when layering with abdominal movements or performing upper body rotational movements
 - ii. *Modern Egyptian* (Quads/Knees)
 - 1. Most useful when layering abdominal movements, performing upper body rotational movements, hip twists
 - 2. Least useful when traveling and layering some hip movements
 - iii. *Suhaila* (Glutes)
 - 1. Most useful when layering abdominal movements, complete upper body freedom
 - 2. Least useful when traveling and layering some hip movements
- c. Practice Exercise #6
 - i. Begin with chest lifts
 - ii. Add Classical Egyptian shimmy
 - iii. Change to Modern Egyptian shimmy

- iv. Change to Suhaila shimmy
- v. Rest – stop shimmies and lifts
- vi. Change to chest circles – (2 horizontal, 2 vertical)
- vii. Add Suhaila shimmy
- viii. Change to Modern Egyptian shimmy
- ix. Change to Classical Egyptian
 - x. *Add a new layer* - Add your chest lifts back in with your circles
- xi. Change to Modern Egyptian shimmy
- xii. Change to Classical Egyptian shimmy
- xiii. Change to Suhaila shimmy
- d. Practice Exercise #7
 - i. Begin with a Classical Egyptian shimmy
 - ii. Add a lower body undulation
 - iii. Add a horizontal chest circle
- e. Practice Exercise #8
 - i. Begin with horizontal hip figure 8s
 - ii. Add a Suhaila shimmy
 - iii. Add arms

7. Travel

- a. Moving about the stage while still dancing
- b. Layers!

8. Signature Combinations – make them yours and enjoy!

- a. Hard to Describe, so space for your own notes
 - i. *Deliciously Luscious* – Eights, Circles, Arms, and more

- ii. *Sinfully Shimmy-licious* – Make the most of your shimmies, pops, and locks