

# class descriptions

## **Tribal Bellydance Level I**

This class is for students with very little or no bellydance experience before, those wishing for a review, or those who have never taken Tribal style bellydance before. We'll cover basic hip, rib cage, head, and arm movements, footwork, and combinations, as well as begin workout on ITS (Improvisational Tribal Style) movement vocabulary. This class is a great way to begin learning this athletic, graceful and fun artform. It will improve your strength, flexibility, self esteem, and mind-body connection. Students are encouraged to pursue their own goals with respect to dance, whether they be related to physical, emotional, mental health, or just having fun!

## **Tribal Bellydance Level II**

This class is for students with previous Tribal Bellydance experience. ITS experience is a plus. We will continue to expand our ITS vocab, as well as learning more complex technique and combinations. Students will get a chance to lead ITS as well as begin to write their own combinations. Performance opportunities occur at least twice a year for those students who wish to participate. Challenging technique such as layering, shimmies, fast combinations and level changes is introduced.

## **Bellydance Drills Workout**

This class is a blast for brand new dancers as well as experienced performers. We'll introduce and drill a wide variety of bellydance movements and combinations in order to get our heart rates elevated and build strength and stamina. This class' focus is on having fun and getting a workout rather than perfecting technique, so although movements are broken down and taught at a medium pace before speeding things up, we don't slow down and talk. Be ready to move and have fun! All levels welcome - high intensity movements are taught but variations are offered. Bring water and a yoga mat if desired - some stretches/strength moves will be performed on the floor.

## **Bollywood All Levels**

This class introduces students to the wonderful fusion that is Bollywood. With aspects of Classical Indian dance and American Hip Hop, Bollywood is whatever you want it to be. The class will teach hand positions (mudra), stances, steps, combinations, and choreography. This high energy dance can be modified for all body types, so no one is excluded. The class will build on concepts from Indian culture and basic bellydance moves. No prior dance experience is required. It is a mixture of a technique class with a few workout techniques thrown in.

## **Tribal Bellydance Level III**

A wide vocabulary of ITS movements, based heavily in Tribal Style but including Hip Hop, Spanish, Indian, and Cabaret Fusion, will be taught in this class. Students will regularly get practice leading ITS style as well, and regular performance opportunities are offered. Challenging technique such as layering multiple movements and combinations, fast isolations, segmented movements, and pops and locks will all be addressed. This is an on-going class, it always includes some new concepts and some review concepts.

## **Troupe Duende Rehearsal**

Troupe Duende is a performance Troupe which focuses on ITS style but also plays with choreography. We use a wide variety of fusion in our performances. The only competition we tolerate is besting your "old self" by getting better at dance each day. We are a strong and welcoming sisterhood. See Amara for more information about joining the Troupe.