

# Kynergics Belly Dance Program

## INTRO Level 1

Level 1 gives you the foundations to build from. Even dancers experienced in other forms of belly dance will need to start with level one in order to learn the vocabulary of movements that make up the foundation of this beautiful dance skill.

Learn the basics of belly dancing while engaging in a total body workout. This dance style strengthens and tones our muscles and firms our curves. Great Bonus!

### Who this course is for:

- Complete beginners. No previous dance experience is required.

### What you'll learn

- Be introduced to the fundamentals of posture, isolations, shimmies, and accents of belly dance, base position, hips movements, undulations, and arms movements
- Feel comfortable with some initial traveling dance footwork and incorporate them into your dance
- Basic belly dance rhythms and other things that are essential to know right from the beginning.
- Knowledge to understand music, costume fashion, essential parts of a belly dance show, and cultural environment of this dance.
- Full belly dance routine that puts all the moves learned together.

### Description

Through belly dance you can train muscles that no other activity can reach, strengthen your core, develop flexibility and achieve graceful and fluid body coordination. Moreover, belly dance will give you benefits beyond just physical ones, such as a boost in self-confidence, reconnecting your mind with your body and practicing self-love and self-care.

### MOVEMENTS YOU WILL LEARN INCLUDE;

- **Dance Positions:**  
Base position, hand movements (wrist circles,), arm movements, leg positions (3 beautiful picture poses!), and feet positions (demi-point and releve)
- **Traveling Dance Footwork:**  
Side-Together-Side; Cross-tap, and Step-tap
- **Upper Body Belly Dance Moves:**  
Horizontal Rib Circles, Vertical Rib Circles, Shoulder Rolls, Shoulder Shimmies, Chest Shimmies, , Waterfall Arms, and the Arm Trace.
- **Lower Body Belly Dance Moves:**  
Hip Circles, Ronde, Hip Crescents forward, Hip Crescents backward, Pelvic Circle, Hip Lift, Hip Pivot, Egyptian Basic, and the 3/4 Hip Shimmy – Up
- **Belly Dance Combinations:**  
3 upper body belly dance combinations, 3 lower body belly dance combinations, and 2 challenge dance combinations that incorporate upper and lower body belly dance moves

Each class will combine a related group of movements with a detailed explanation of each one, and a summary dance combination to practice new skills. Our final sections consist of dance practice a complete belly dance routine to an exciting drum solo music. By the end of the 6 weeks session, you will be able not only to perform a dance with all the movements learned but also layer them on top of different shimmies.

\*\*We recommend that dancers take this Level at least 2 times before moving on to Beginner level 2.

