

# Kynergics Belly Dance Program

## LEVEL 2

### Requirements

- Preferably completion of Belly Dance – Level 1, or familiarity with dance moves

### What you'll learn

- Build upon the foundations gained in the last course and be able to perform many more belly dance moves
- Be able to dance through 6 different belly dance combinations, along with 4 challenge dance combinations
- Feel comfortable with different hand, arm, leg, and feet positions and incorporate them into your dance
- Fun Belly Dance Choreography. The belly dance choreography at the very end is a little bit spicy and will incorporate many of the dance moves learned in this program

**This level includes:** Basic Layering of moves introduced in Beginner Level, Posture and Arms, Introduction to Finger Cymbals (Zills) and Rhythms, Introduction to Veil and more.

### Description

Belly Dance - Level 2 will challenge you with a ton of new belly dance moves and combinations, and dance drill sets. This program is designed to be challenging, exciting, and a little bit sexy! So get ready to unwind and play...

At this level you will not only enhance your dance skills but will increase your fitness endurance and give you an excellent workout!

Using the foundation from beginner level 1 program, you will start exploring the more complicated basic belly dance movements as well as refining and combining all the fundamentals. This level introduces the important concept of layering body movements and isolations over a shimmy.

### MOVEMENTS YOU WILL LEARN INCLUDE.

- **Movements:** Hands and arm movements including hand figure 8's, hand ripples
- **Traveling Dance Footwork:** Continuous Crosses, and the Grapevine.
- **Upper Body Belly Dance Moves**  
Horizontal Rib Slides R/L, and F/B, Chest Raise & Release, Horizontal Rib Box, Vertical Rib Box, Chest "V's", Horizontal Chest Figure 8's F/B, Vertical Chest Figure 8s up/down, and Snake Arms Chest Arc, Undulation, Reverse Undulation, Shoulder Thrusts, Chest Drops, Chest Raise + 3 Drops.
- **Lower Body Belly Dance Moves:**  
Horizontal Hip Slides R/L and F/B, Pelvic Squares, Hip Twists, Hip Ups, and Pelvic Tilts, Horizontal Hip Figure 8 F/B, 4/4 Hip Shimmy, and the Loose Hip Shimmy
- **Belly Dance Combinations:**  
3 upper body **belly dance combinations** plus 2 upper body **belly dance challenge combinations**, 3 lower body belly dance combinations, and 2 challenge belly dance combinations that incorporate both upper and lower body belly dance moves!
- **Belly Dance Drills:** 7 different sets of drills designed to lock in your learning

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. 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, perform to specific rhythms, and even incorporate some props into your dance.

\*\*It is common for Students take continuing beginner level classes for at least six months.

