



SESSION HANDOUT

BELLY DANCE

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Zumba Presenter, USA

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Schedule

15 min: Intro, History
45 min: Breakdown of isolations and traveling steps
45 min: Application (Choreography and Follow Me!)
15 min: Wrap up / Q&A

Session Objective

The objective of this session is to **TEACH AUTHENTIC, SAFE, and PRACTICAL Middle Eastern Dance (Belly Dance) movements that Zumba Instructors can take home and APPLY ADDING FLAVOR and VARIETY to their classes and making them MORE SUCCESSFUL overall!**

MOVEMENTS: We will break down and practice a variety Belly Dance movements and traveling steps that are **authentic, easy to perform and fun!** These movements can be incorporated into future Zumba choreographies!

RHYTHMS: There are **over 50 rhythms** that exist within Middle Eastern music and dance. For this reason we will dance to **Modern Arabic Pop OR Modern Belly Dance music** which usually follows the 4X4 time signature (usually the “Saidi” rhythm) making this music easy to follow, predictable and great for Zumba classes.

CHOREOGRAPHY: We will learn an **entire Belly Dance choreography** today for Zumba Instructors to use in their next Zumba class!!!

History & Background

Belly Dance (a.k.a. Middle Eastern Dance or Oriental Dance) is the oldest known barefoot dance in the world and stems from regions in Asia, the Middle East, and North Africa. In the East, the dance is performed socially among men and women at festive occasions. In the West, the dance is performed for artistic expression, exercise, and entertainment.

In a nut shell, there are **three forms of Belly Dance genres and music: Folkloric** (earthy, ethnic, traditional), **Oriental** (lifted, technical, orchestrated) and **Modern** (new-age music, interpretive, fusions).

The dance itself is based on **isolations** of the body, mainly the pelvis, and involves exceptional muscular control. Both men and women can enjoy “Belly Dance” however some movements are more feminine and others more masculine.



It's important not to confuse **Belly Dance** with **Bollywood** or **Bhangra** which are Indian dance forms. Similarly, it's important to research to make sure you are using appropriate music and that the presentation of movements is proper, this will help you gain respect from your Eastern participants.

Application of the Zumba[®] Formula

Make sure to follow the Zumba formula when teaching your Belly Dance choreography. **Stick with 3-5 movements for each choreography and build up to variations.** Always start with the **feet first, then add the hips, lastly add the arms (and variations).** Since Belly Dance is low impact use this choreography after several fast paced songs for a break or towards the end of class to bring the heart rate down in preparation for the cool down and stretch. Remember the 70/30 rule too! ☺

Basic Steps & Variations

- Hip Bumps (side to side)
- Hip Drops / Piston Hips (up and down)
- Egyptian Walk (step touch with hip thrust forward)
- Omis (small internal circles of the pelvis)
- Shimmies (pump the knees back and forth!)
- Hip Twist (rotate/twist the pelvis)

*if we have time we can squeeze in additional moves: Camel, Figure Eights

Choreo Notes

Song Name	"Alf Layla Wa Layla"	Back to Basics
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Verse		
Chorus		
Break		
Music		
Chorus		

Recommended Music

**“Alf Layla Wa Layla
(Original Extension)” by
Back to Basics**

Modern Arabic music.

**Please leave your EMAIL
on the computer provided
and I will place the EDITED
VERSION in DROPBOX.**