

develop your own Belly Dancing Choreography

There are 6 different approaches which you also can combine.

1. orientate yourself at guidelines

- with joy and fun dance lots of Belly Dancing Choreographies
- learn by watching other dancers
- vary given Belly Dancing Choreographies
- pay attention on oriental music principles (see my Online-Beginner-Course 2)
- be creative on your own

2. technical approach

- assemble your already learned belly dance movements and put them into your choreography
- extend your Belly Dancing Choreography when you learn more movements
(look at my Belly-Dance-Online-Course with „Ta Mavra Matia Sou“)

3. structure of the music

- structure the music by melody and rhythm (e.g. „Ta Mavra Matia Sou“)
or by measure (e.g. „Ghossn el Ban“)
 - by measures
 - count the measures with strokes
 - determine the melody sections
 - note the beginnings of the sections
 - draw the melodies as you hear them
 - compare the melodies and term them with numbers and letters
 - determine the main sections as core parts
- look for suitable movements to the music sections

4. with feeling to a Belly Dance Choreography

- feel the music and improvise
- note the improvisation
- determine the whole Belly Dancing Choreography

5. event approach

- focus on your aim (e.g. surprise at a party or to give someone special attention)
- cymbals are especially good to humor somebody without exposing him through body movements.
If you want to learn my cymbals choreography, please tell me with Likes, so I'm going to teach you then.
<https://www.youtube.com/watch?v=IxNWX8bYE14>

6. psychical and spiritual

- psychical you can dance your inner family. My German book to this will be translated into English, too.
I express my inner family with stick dance.
<https://www.youtube.com/watch?v=L6-GErEqEx4>
If you show me through Likes, that you are interested in dancing your inner family as well,
I am going to teach you in another video.
- spiritual expression of what is inside of you (e.g. inner impulses, inner pictures)
with a Belly Dancing Choreography.
Belly Dancing Choreography as a Moving Meditation leads you inside of yourself
from where you express yourself to the outside.

Spiritual Master

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