

Beginners-2: Belly Dance Choreography as a Moving Meditation

“The World of Belly Dance“ song number 13 “GHOSSN EL BAN“ on the CD number 1

- Prelude: wait behind the stage
- 7 measures: entrance on bar 1, 3 and 5 with veil
- 10 measures: 4 bars Hip Circles + steps right, 4 bars Hip Circles + steps left, 2 bars turn to each other; open, close and open again veil
- 10 measures: veil rotation alone and together, Chest Circles with at the end drop
- 12 measures: 4 Basic Arabic Steps with Hip Lift turn right, 4 Basic Arabic Steps with Hip Lift turn left, rotation right, slow Hip Circle, arms up
- 7 measure: get rid of the veil on bar 1, 3 and 5, Snake Arms
- 24 measures: lying Figure Eight for gathering with back to the audience, one after the other rotation, Chest Circle, Hip Circle, 4 Basic Arabic Steps with Hip Lift turn right, 4 Basic Arabic Steps with Hip Lift turn left, rotation right, slow Hip Circle, arms down
- 10 measures: Body Wave without feet, Body Wave with feet, Body Wave with steps turning to each other
- 15 measures: individual dance
melody – Snake Arms / Classical Arms to the sides, forward, backward, Chest Circle
slow rhythm – Hip Lifts with steps and at the end Shimmy
quick rhythm – Hagalla (Shimmy with steps)
together: Chest Circle, Body Wave, Hip Circle, Figure Eight, Shimmy
- 24 measures: lying Figure Eight for gathering with back to the audience, one after the other rotation, Chest Circle, Hip Circle, 4 Basic Arabic Steps with Hip Lift turn right, 4 Basic Arabic Steps with Hip Lift turn left, rotation right, slow Hip Circle, arms down
- 10 measures: Chest Circle, Body Wave, Hip Circle with diverse beginning, gathering together
- 10 measures: Hip Lifts in a circle together, arms up with hands outside, hands inside
- Melody end: bow to the audience

Spiritual Master

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