

# BASICS OF BELLYDANCE

## SONIA OCHOA

### 1. INTRODUCTION TO BELLYDANCE

### 2. BASIC POSTURE

- FEET
- KNEES
- HIPS AND PELVIS
- RIB CAGE
- CHEST
- ARMS AND HANDS
- NECK AND HEAD

### 3. BASIC ISOLATIONS: INTRODUCTION

### 4. BASIC ISOLATIONS: LOWER BODY

HORIZONTAL:

- HIP SLIDES: SIDEWAYS
- HIP SLIDES: FORWARD AND BACK
- HIP SLIDES: DIAGONAL

VERTICAL:

- HIP RELEASE
- HIP LIFT

PELVIC ISOLATION

### 5. BASIC ISOLATIONS: UPPER BODY

HORIZONTAL:

- CHEST SLIDES: SIDEWAYS
- CHEST SLIDES: FORWARD AND BACK

VERTICAL:

- CHEST SLIDES: LIFT AND DROP

SHOULDER ISOLATIONS

ARMS AND HANDS

## 6. INTERLUDE: ABOUT SONIA

## 7. BASIC MOVEMENTS: LOWER BODY

### PART I: FLUID MOVEMENTS

- HORIZONTAL HIP CIRCLES
- HORIZONTAL FIGURE 8
- VERTICAL CIRCLES
- VERTICAL FIGURE 8

### PART II: SHARP MOVEMENTS

- HIP DROP
- HIP LOCKS
- HIP BUMPS
- LOWER BELLY CONTRACTION

### PART III: VIBRATIONS

- EGYPTIAN SHIMMY
- FREEZE SHIMMY
- HIP SHIMMY
- RUNNING SHIMMY

## 8. BASIC MOVEMENTS: UPPER BODY

### PART I: FLUID MOVEMENTS

- UNDULATION (CAMEL)
- HORIZONTAL CHEST CIRCLES
- VERTICAL CHEST CIRCLES
- SHOULDER ROLLS

### PART II: SHARP MOVEMENTS

- CHEST DROP
- SHOULDER ACCENTS

## 9. NUANCES OF THE DANCE

PART I: QUALITIES OF MOVEMENT

PART II: INTERPRETING MUSIC

PART III: LAYERS

## 10. INTERLUDE: THE EVOLUTION OF DANCE

### II. ARMS AND HANDS

PART I: STATIC POSTURES

PART II: BASIC PATTERNS

PART III: IMPROVISATION

### 12. TRAVELING STEPS

-WALKING STEP

-STEP TOUCH

-CHASSÉ

-GRAPEVINE

-ROCKING STEP

### 13. FINAL THOUGHTS

### 14. EPILOGUE: FINDING YOUR PERSONAL STYLE