

Raqs Sharqi Beginners & Improvers: term plan Summer 2010

Hello and welcome. I will be using music from the three main forms of the dance: folk (shaabi), baladi (urbanised folk), and classical. We will learn some of the core movements and the subtle variations that characterise each style. We may also work on a choreography - or two - to help put the steps into context. I may also incorporate some of the 'props' we use, such as the baladi veil, classical veil and the baladi and/or male stick.

I aim to cover the following each week but this could be subject to change depending on how we progress... Each class begins with a comprehensive warm-up, with a brief cool-down at the end. Please let me know if you have any injuries or problems that might affect your movements.

Week 1 commencing: 19/04/2010

General loosening and a recap on the choreography from last term

Week 2 commencing: 26/04/2010

Sha'abi steps: the fast and furious and fun

Week 3 commencing: 03/05/2010

Sha'abi steps: travelling and spinning

Week commencing: 10/05/2010

NO classes – BP on sick leave

Week 4 commencing: 17/05/2010

Baladi style: the taqmilah

Week 5 commencing: 24/05/2010

Baladi style: taqsim and arms

Week 6 commencing: 31/05/2010#

Baladi style: putting it all together – with baladi veil

Week 7 commencing: 7/06/2010

Introduction to baladi stick

Week 8 commencing: 14/06/10

Introduction to classical 'flow' and movement in space

Week 9 commencing: 21/06/2010

Shivery and shimmering classical taqsim

Week 10 commencing: 28/06/10

Introduction to male stick – the 'tahtib'

Week 11 commencing: 05/07/2010

Recap on the term with chance for volunteer performances



Outside City Hall Norwich: July 09
Lord Mayor's Celebrations

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There will be classes during the school half-term week due to my earlier sick leave