

# Raqs Sharqi Intermediate & Advanced Summer term 2010: bringing the inside outside...



**Welcome to Summer Term 2010.** We shall pay a return visit to the more populist name for our dance – bellydance - and focus on harnessing our core to bring out our strength, expression and, improve both control and technique. I've had a revelation in recent times and am convinced that movements emanating on this area radiate through to our extremities and enable us to truly express the emotion of the music. Baladi is the perfect vehicle for this so we will concentrate on this style, possibly using one or two main pieces on which to build our own interpretation.

As a contrast and to complement the term's focus, we will also bring in baladi veil and both male and female stick.

**Week 1 commencing: 19/04/2010**

Rhythm and space baladi style

**Week 2 commencing: 26/04/2010**

The core of baladi – finding your own centre

**Week 3 commencing: 03/05/2010**

How to use the core to connect with your arms and hands

Week commencing: 10/05/2010

NO classes – BP on sick leave

**Week 4 commencing: 17/05/2010**

Baladi taqmilah – how to use the core in the introduction and connect with your feet

**Week 5 commencing: 24/05/2010**

Baladi taqsim and saccat – where the core comes into its own

**Week 6 commencing: 31/05/2010#**

Baladi – the awadi: soft but strong

**Week 7 commencing: 7/06/2010**

Baladi – tabla solo: varying your interpretation and that 'core' essential

**Week 8 commencing: 14/06/10**

Baladi – tet: adding excitement and variation

**Week 9 commencing: 21/06/2010**

Incorporating the baladi veil

**Week 10 commencing: 28/06/10**

Gettiing sticky with it: baladi stick practice

**Week 11 commencing: 05/07/2010**

The power of tahtib

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

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