



Zahira SuJong's Belly Dance

CLASS OUTLINE BEGINNERS LEVEL 1 & 2

New Horizons Dance Academy
3465 Lee Blvd. El Paso, TX 79936 Ph: 915-449-8533



All Classes begin with a warm-up.

Level 1 & 2 combined syllabus for 16 weeks

Subject to change without notice

Class 1: *Breakdown of Basic Isolations*

Posture
Hip Slides, Hip Circles
Hip Lifts
Rib Cage Slides
Rib Cage Circles

Traveling/Combos

Cross Point

Class 2: *Breakdown of Basic Isolations*

Posture
Hip Slides, Hip Circles
Hip Lifts
Rib Cage Slides
Rib Cage Circles

Traveling/Combos

Walk with Hip Lift

Class 3:

Basic Isolations

Review C 1-2 isolations
Figure 8's (horizontal)
Rib Cage Lifts
Rib Cage vertical circles

Traveling/Combos: 3-step turn

Class 4 & 5:

Basic Isolations

Review C 1-2 isolations
Figure 8's (horizontal)
Rib Cage Lifts
Rib Cage vertical circles

Traveling/Combos: Veil introduction

Class 6 & 7:

Basic Isolations

Review C 4-5 isolations
Shoulder Shimmy
Undulation
Maya up
Rib Cage forward circle

Traveling/Combos: Paddle Turns

Class 8:

Basic Isolations

Review C 6-7 isolations
Shoulder Shimmy
Undulation
Maya down
Rib Cage forward circle

Traveling/Combos: 4-step
& Veil review

Class 9 & 10:

Basic Isolations

Review C 8 isolations
Side Undulation
Vertical Hip circle
Hip drops
Snake Arms & Hands

Traveling/Combos: Walk with drops

Class 11 & 12:

Basic Isolations

Review C 9-10 isolations
Maya Review
Refine upper body work
& Veil review

Traveling/Combos: Maya sidestep

Class 13:

Basic Isolations

Review isolations
Hip twists
Head Slide
Washer shimmy

Traveling/Combos: Twist Walks

Class 14:

Basic Isolations

Review C13 isolations
Up-Down Shimmy
Refine lower body work
& Veil review

Traveling/Combos: Grapevine

Class 15:

Basic Isolations

Review C13 isolations
Body Wave
Down Hips

Traveling/Combos

Flat ball, Flat ball-ball-ball

Class 16:

Basic Isolations

Review C13-15 isolations
Hip M's and W's
Hip Rocks
& Veil review

Traveling/Combos: Camel Walk



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Zahira SuJong's Class CD

Warm – up

1. **4 min** - Vertical stretches & Side reaches (Spirit 1)
2. **5 min** - Shoulder rotations (Spirit 2)
3. **4 min** – Pleas (Celtic 1)
4. **5 min** – Pleas (Celtic 2)
5. **7 min** - Shoulder Rolls, Side reaches into lunges
(Iman)
6. **2 min** - sitting hip lifts (Yallelie)
7. **4 min** - Other side Lunge (Raghba)
8. **3.5 min** - side steps, knee lifts, Final Stretch (thokoza)

Isolations

9. **4.5 min** - Chest (celtic)
10. **4 min** - Hip isolations (rt rotate) (Intandane)
11. **2 min** - Hip isolations (left rotate) (Hayi-bo Drums)
12. **3.5 min** – Hip Lifts (sassy skirt)
13. **1.5 min** – Shimmie workout (finale)

Extra

14. Sally's Veil Song

Turkish Spoon Dance

15. **2:20 min** -Turkish Spoon Dance

Just for fun

16. **5:20 min** - Candle Dance
17. **3:44 min** – Moi et Toi
18. **3:10 min** – Bedouin Wedding
19. **4:10 min** – I Wanna See your Belly Dance