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Sarasota Shimmies

Misha's Bellydance Newsletter

April 2007

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Hello from Misha!



Thanks to ALL of you for your interest in bellydance classes, history, culture, costuming, music, etc. etc.!

I'm so impressed by everyone's interest and desire to learn more - you've all inspired me to go ahead and do a monthly informative newsletter ;) Here you'll find all sorts of articles about the dance and the growing Sarasota bellydance scene. If you'd like to see anything in particular, or if you'd like to contribute, please let me know!

Misha's Featured Links

Shira's Art of Middle Eastern Dance

NEW! Stich and Relax Weekend Costuming Workshops



Sunday May 20th YOU asked for it and the date is SET! Come on over to Misha's Makibashira Dojo for the first Monthly Costuming Workshop! One of my favorite aspects of bellydance, next to the dancing of course, is the creation of dazzlingly beautiful costumes! But don't despair if you're not handy with a needle and thread - there's plenty of creativity that can happen with scissors and glue. Each month we'll focus on a different costume element during these fun and relaxing Stich and B*tch sessions. **MAY: Funky Fusion Fringe Belts**

If you'd like to come, email me and I'll get you a list of materials for the item we'll create that day. No fees for the workshop - just come and hang out with your dance sisters! This is the perfect opportunity to share your work and talents with your dance sisters. If you don't want to make the featured project, feel free to bring in *any item to sew/work on while we relax and*

chitchat.

Movement of the Month: Hip Slides!

This month's featured movement is the flat hip slide. A foundational movement, the flat hip slide should be smooth, controlled, and even with as little lift as possible. The goal is to have your hips slide from side to side, mimicing the carriage on a

Florida Bellydance
The Gilded Serpent
More About Misha's Classes

...the goal is to have your hips slide from side to side, mimicking the carriage on a typewriter. I teach this hip slide in the first class of Basics as it is not only foundational but also can be challenging to master. This month, try these tips to drill and perfect your hip slide: 1. Use your doorway! Stand in a doorway (with the door open, of course!) and brace yourself against it with your forearms. By using the doorframe to help you gently brace your upper body, you will be better able to isolate your lower body.

2. Use a mirror and dry erase markers to help you check to see if your hips are sliding level. Stand in front of the mirror and draw a line (parallel to the floor) on the mirror with the dry erase marker. Practice sliding your hips and try to keep them level with the line. Remember, start small! Don't try to do too big of a movement and sacrifice the evenness of the slide.

3. Slide the hip to one side, then to center, and back to the same side. So it would be: slide to R, center, R, center, etc. By repeating this movement on one side of the body you will work to strengthen the oblique muscles that help drive the move. Repeat on the other side.



Spotlight On: Classical Egyptian Cabaret

There are many different styles of bellydance - my favorites include Egyptian Cabaret, American "glitter," fusion, and Tribal. In June, the Slink and Shimmy class will learn a classical Egyptian Cabaret choreography. But exactly what is "Egyptian Cabaret" and what will this choreography entail? Also known as "Raqs Sharqi," Egyptian Cabaret is the style of bellydance most commonly seen in Egypt, particularly in the nightclubs, and is characterized by controlled, muscular movements. Unlike Turkish Cabaret, which uses "big" flashy movements, Egyptian style focuses on a "less is more" approach with delicate technique and flawless execution. Inspired by the dancers and actresses of Egypt's movie industry in the 60s

and 70s this style of bellydance mimics ballet - it is a very lifted, beautiful form of bellydance. And, in modern times, many Egyptian style dancers have begun to incorporate ballet turns and steps into their bellydance repertoire. Yet, unlike the ballet we're familiar with, all forms of bellydance including Egyptian style can be performed by women of any age or technical ability. In our NEW choreography, we will review the rhythms and new movements learned in previous slink and shimmy classes and perform them in the Raqs Sharqi style.

Mark Your Calendars!

Misha's Monthly Costume Workshop

May 20th at Makibashira Dojo

[Check out my website for more information](#)

Misha's next session of classes start for June!

June 6 at Isle of Avalon & 7th at Makibashira Dojo

[Check out my website for more information](#)

Take care everyone and Shimmy On! Please contact me if you have any questions, needs, or concerns.

Contact Misha!

Misha

941-587-3361

misha@shimmyboom.com

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ShimmyBOOM | 1028 42nd Street | Sarasota | FL | 34234