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Everyday Bellydance

Happily sneak bellydance into your everyday life! Shimmy while you vacuum, practice head slides at a stop light, do hip circles while you wash the dishes...Relax, dance, and have fun!

Hello Lovely Dancers!



A warm welcome to all of my new students and friends and lots of love to those of you who've been dancing with me for a while now! It is a joy and a blessing to be able to share bellydance with you and I'm happy to have the opportunity to do so. Thanks for making classes great!

~Misha's Bellydance Classes~

Bellydance Basics Classes (Wed)
 6:30 PM - 7:30 PM * Isle of Avalon
[More Details Link](#)

NEW Mixed Level Slink & Shimmy Classes "Form and Shape"
 8:00 - 9:00 PM * Isle of Avalon (Wed)
[More Details Link](#)

Dynamic Drills Class
 7:30 - 8:30 PM * Isle of Avalon

Sarasota Shimmies!

What's HIP in Bellydance!

August 2007

Welcome to the August edition of Sarasota Shimmies! We're focusing on music this month and, as always, continuing education. If you'd like a copy of any of Misha's bellydance sampler CDs, just email Misha or bring a blank CD to class. I hope everyone is enjoying dancing and having a great month!

Music for Bellydancers: Learning to Listen



My dear friend and dance teacher/partner [Nirvana](#) explains the connection between a dancer and the music in the most beautiful way. She says that the dancer's job is to interpret the music for the audience- she becomes the living, visual expression of the sound. When I first started dancing, I found that to be a wonderful idea, but definitely something that seemed very daunting for me to achieve. Middle Eastern music is beautiful but complex, with expressive instruments and multiple layers that our Westernized ears don't hear much in modern contemporary music. When you're first trying to dance to it, so many layers can make it hard to select what tune to follow. Or, some of the faster drum solos and modern music can seem exhaustively speedy and way too impossible to keep up with (I know that was one of my biggest challenges!). So how does one become comfortable with another culture's music? What's the secret to anticipating what the music might do next, and by

7:30 - 8:30 PM * Makibashira Dojo
(Wed)

[More Details Link](#)

SOLANUM Improv Tribal and Fusion Bellydance Class

7:30 - 8:30 PM * Makibashira Dojo
(Mon)

[More Details Link](#)

Misha's Links of the Month

[Misha's Website](#)

[Hollywood Music Center \(music and DVD vendor\)](#)

[Maqam \(bellydance music vendor\)](#)

[Radio Bastet \(online bellydance radio\)](#)

being able to do so truly interpreting it?

The key is listening. Yes! It's that "simple." Learning to really hear the music and becoming used to it, so that you acquire a sort of sense of the musical composition and how the music will flow and sound, is absolutely essential. Very few things have helped me more in terms of becoming a better dancer. As soon as I started to listen, and I mean really pay attention to the music and its nuances, I found myself better able to "communicate" with the audience - the more attention I paid to the music, the better I was able to translate while dancing. So pop a CD in the car or plug in your ipod and listen. Even just one or two songs a day will help you get used to this type of music. A few weeks of this will really help you become more comfortable with the music. And don't be surprised if, the next time you're at a club, concert, or just jamming to your favorite pop song, your body seems to be able to move better with the beat. I've found that listening helps in all areas of my life!

[Shira's Excellent Article on Middle Eastern Music](#)

Movement of the Month: Snake Arms

Snake arms, like shimmies and head slides, are one of those "hallmark" movements of the bellydancer. Slinky and almost liquidy, well-executed snake arms can truly mesmerize an audience. To really get those beautiful flowy arms, carefully concentrate on each section of the movement. Lift the shoulder, the elbow, the wrist, the hand each in turn, as if strings are pulling them up to the ceiling. Then release in the same order, pushing the shoulder, elbow, wrist down and ending by letting the movement flow and push out through the palm of your hand and travel all the way down to your fingertips. Practice both arms independent of the other, and then, once you've got the mechanics of the movement, put both together. Remember that they will move in opposition - as the R arm lifts, the L arm will lower.

Once you're more comfortable with your snake arms, try a few variations. Playing with the speed of the movement is always a good idea as it is important to be able to execute your moves cleanly and clearly at both fast and slow paces. Try experimenting with size, too. Small controlled snake arms that are shoulder level, just barely lifting above that plane, create a beautiful dynamic tension and can easily transition into larger, grander arms. You can also try different levels of snake arms. Hold arms over your head (in praise arms) and try your snake arms. Float them down to shoulder level, and try them here. Then move them to hip level, and try low snake arms. Small or larger, fast or slow, lifted or lowered, snake arms can add beauty and mystery to your dance. Don't be afraid to experiment and, of course, have fun!

Check Out Misha's NEW Online Bellydance Forum!



An amazing thing has happened! Thanks to YOU, my lovely students and friends, there's been an incredible surge of interest in bellydance in the Sarasota area. So many women are discovering just how fun bellydance can be! I've found that I'm getting a LOT of great emails asking all sorts of questions that everyone could benefit from and as I've had

several requests, I've gone ahead and created a forum for dancers and students to post your queries, news, etc. I'll still answer emails, of course, but if you have a great question I may include it up there so everyone can benefit. It's still very small, and there aren't too many topics yet, but I'm hoping it will grow as more dancers are added into our group and out of area dancers join, too.

Please feel free to post any questions you might have :)

Now, there are a *lot* of forums online that are just great for bellydance. But, with this one, I hope to bring you topics and items that you may not get elsewhere (like our weekly drill set lists, descriptions of CD samplers, DVD reviews and more) and that are a bit more region- or class-specific. To start posting, you'll just need to create a profile and then you'll be ready to interact with fellow dancers and students. Hope to "see" you all online!

[You Can Visit The Forum HERE!](#)

Happy Dancing!

Please remember, if you ever have any dance questions just email Misha!

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